

HSWG39: Staying Safe with DSE – Fixed Workstations

In order to comply with health and safety regulations – and provide individuals with a comfortable working environment – workstations need to be right for the person using it and the job they do.

Under DSE health and safety legislation any object in the users immediate work environment is considered to be part of their workstation. This includes the table or desk they work on, their chair, the area under or next to their desk and any equipment on their desk.

This course aims to enable the learner to recognise the features of a safe fixed workstation and to set it up correctly and use it safely.

The course forms part of a suite of four courses, the first being a general overview of working safely with Display Screen Equipment - or 'DSE' - the second dealing with fixed DSE, the third being this course, and the fourth covering mobile DSE.

Course Content

- The features of a safe workstation
- How to arrange a desktop working space correctly
- The importance of sitting correctly
- The features of a safe workstation chair
- Why breaks in workstation activity are important

Course Duration

- 40 minutes

Available in:

- Audio with subtitles

Delivered via:


- Internet

If you require any further information please contact NYES:

T: 01609 533222

E: nyes@northyorks.gov.uk

www.nyeducationsservices.co.uk

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