

HSWG40: Staying Safe with DSE – Mobile DSE

Mobile Display Screen Equipment encompasses laptops, notebooks, tablets and smartphones, and its use is increasing rapidly as multiple work locations and work on the move becomes more widespread.

Mobile devices have many benefits; unfortunately, however, the design features that make them mobile — such as small screens and integrated keyboards — as well as their use in a wide range of environments, bring their own health risks.

It's important to remember that, although workstation guidelines within the 'Display Screen Equipment Regulations 1992' are mainly limited to fixed DSE, mobile DSE is also subject to the Regulations if it is in prolonged use.

This course aims to enable the learner to recognise the risks created by mobile DSE and to address those risks appropriately. 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 covering fixed workstations, and the fourth being this course.

Course Content

- How musculoskeletal problems can arise through the use of mobile DSE
- How to manage the risks of musculoskeletal problems
- How to limit manual handling risks associated with mobile DSE
- The importance of regular rest breaks
- How to set up a safe working environment for the use of mobile DSE

Course Duration

- 35 minutes

Available in:

- Audio with subtitles

Delivered via:


- Internet

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