

Workstation Essentials

Course length: 45 mins*

Course Code: 103082BT002

This course will help you to understand how you can work more comfortably and safely at your workstation.

Benefits for the Learner

There's no doubt that PCs and VDUs have made our working lives much easier, but unless you know how to use them safely, they can pose significant risks to your health. If you ever suffer from backache, neck fatigue, wrist injuries, headaches or blurred vision after a day at the office, your workstation could be to blame!

This course looks at the ergonomics of the workstation, the problems that incorrect positioning of equipment can cause and simple solutions that will keep you happy and healthy at work

Benefits for the Business

Poor workstation design, prolonged use of VDU equipment and insufficient training can jeopardize the health of your employees.

With an estimated 12.3 million working days lost each year through work-related musculoskeletal disorders, it makes sound business sense to ensure your staff know about the safe use of workstation equipment and furniture.

What You Get From This Course

Having completed this course, you will be able to:

- Understand the musculo-skeletal hazards associated with incorrect workstation use
- Identify a variety of practical ways to reduce risk and prevent injury
- Prevent visual problems associated with workstation use

How Long Does the Course Take?

You can work through this course at your own pace. It should take you around 45 minutes to complete.

*Courses are accessible for six months from the date of purchase.