

Computer Safety

Course length: 30mins*

Course Code: 104087BT001

Benefits for the Learner

Millions of us spend the majority of our working day sitting at a workstation using a display screen or computer. This sedentary lifestyle, and the postures and repetitive physical activity involved in it, have been blamed for a range of health problems from backache, neck fatigue and wrist injuries to headaches and blurred vision.

This course shows you how adopting a safe seating position, rearranging your workstation, using your VDU, mouse and keyboard correctly and taking regular breaks can all play a significant part in reducing the risk of damage to your health.

Benefits for the Business

Both the Health and Safety at Work Act 1974 and the Health and Safety (Display Screen Equipment) Regulations 1992 place significant responsibilities upon you as an employer to safeguard the health and safety of your staff. Work Related Upper Limb Disorders, Carpal Tunnel Syndrome, Mouse Finger, Musculoskeletal disorders and eye problems have all been associated with the incorrect use of PCs, laptops and workstations.

This course will get you and your staff thinking about the health risks associated with the use of Display Screen Equipment. By developing a better understanding of the issues involved, they will be able to safeguard their own health and you will be able to ensure that you are fully compliant with the law.

What You Get From This Course

Having completed the course, you will be able to:

- Understand the requirements of the Health and Safety (Display Screen Equipment) Regulations
- Create a working environment that is safe and comfortable
- Adjust all aspects of your work station to suit your own particular physical requirements
- Use a laptop computer safely
- Understand the physical hazards and risks associated with working on a computer
- Perform simple physical exercises to minimise the risk of injury
- Identify the Do's and Don'ts of DSE operation

What Does the Course Cover?

- Posture
- Workstation
- Safe use of laptops
- Hazards and risks
- Exercises
- Do's and Don'ts

How Long Does the Course Take?

You can work through this course at your own pace. It should take you around 3 hours 30 minutes to complete.

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