

DSE (Display Screen
Equipment) Safety Training:

Ensuring a Safe Workplace

Comprehensive Guide to
Workplace Safety



Importance of DSE Safety



Why Safety Matters

Ensures compliance with HSE (Health and Safety Executive) DSE legal requirements

Protects employees from harm

Reduces injuries and sick leave

Promotes employee wellbeing

Enhances productivity

Delivers cost savings for employers

Environmental Hazards

Slips, trips, falls, lighting, temperature, noise, electrical hazards ...

Mental Hazards

Excessive work load, ongoing stress, long hours of work, bullying, lack of support from management, unclear job roles...

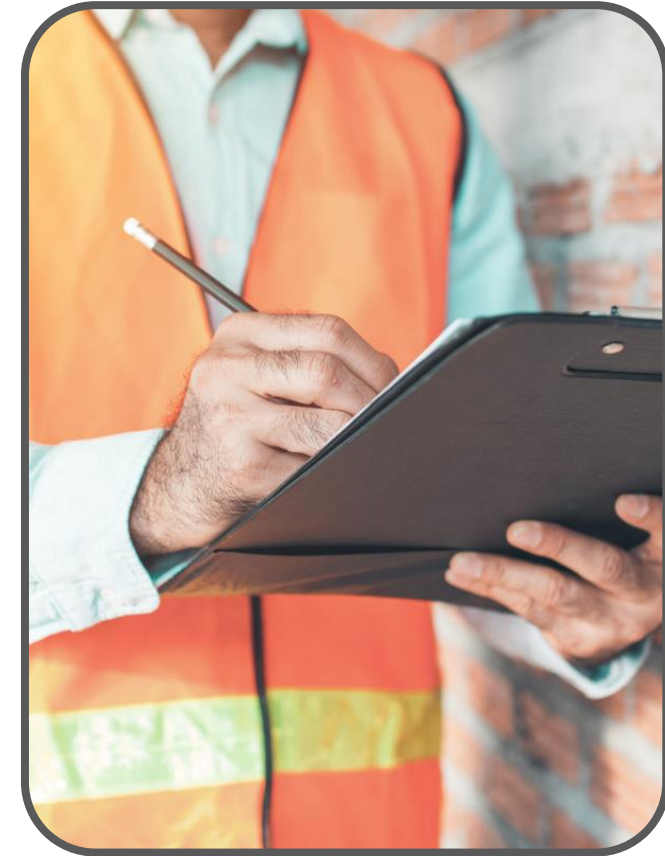
Physical Hazards

Poor workstation design, static posture, lack of breaks, heavy lifting...

Biological Hazards

Infectious diseases ...

Common DSE Workstation Workplace Hazards



Safe DSE Practices

General Guidelines

Carry out regular DSE assessments to identify and minimise hazards and risks

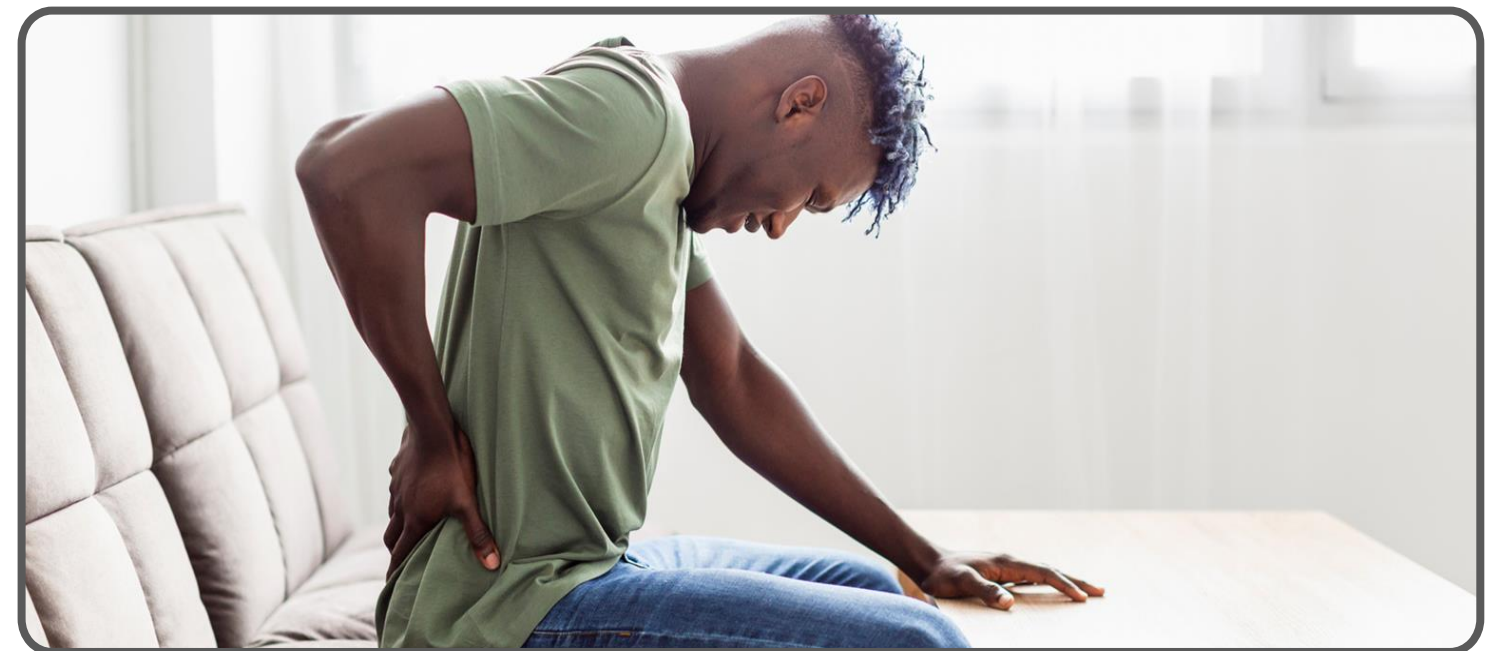
Make sure workstations are set up according to individual ergonomic needs

Promote regular breaks to reduce prolonged static posture

Encourage a culture of movement and wellbeing in the workplace

Provide training on ergonomic best practices for workstation setup

Encourage proper use of equipment



Company Policies

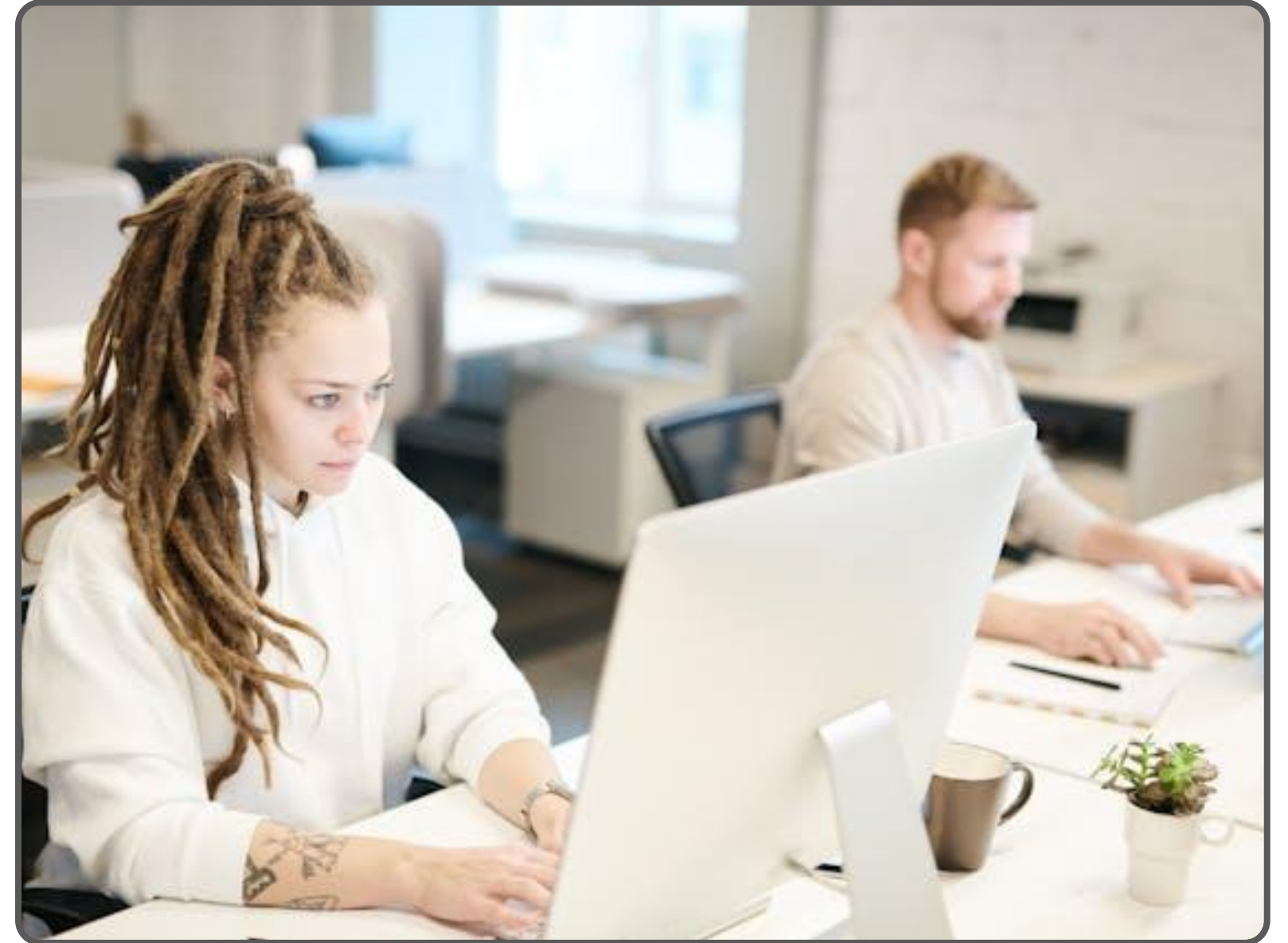
Overview of health & safety policies

Responsibilities of employees
and employers

Compliance

Understanding and following HSE DSE
regulations

Importance of documentation
and reporting



Health & Safety Policies

DSE Training & Awareness

DSE Assessments:

- Assess and educate new employees
- Assess, reassess and educate existing employees as required by HSE DSE regulation
- Assess, office, hybrid and remote workers

Promote Safety Culture:

- Encourage safety discussions
- Recognise and reward safe behaviour
- Encourage microbreaks, promote lunch away from the desk and foster movement

Resources:

- Access to guidelines
- Contact information for safety officers

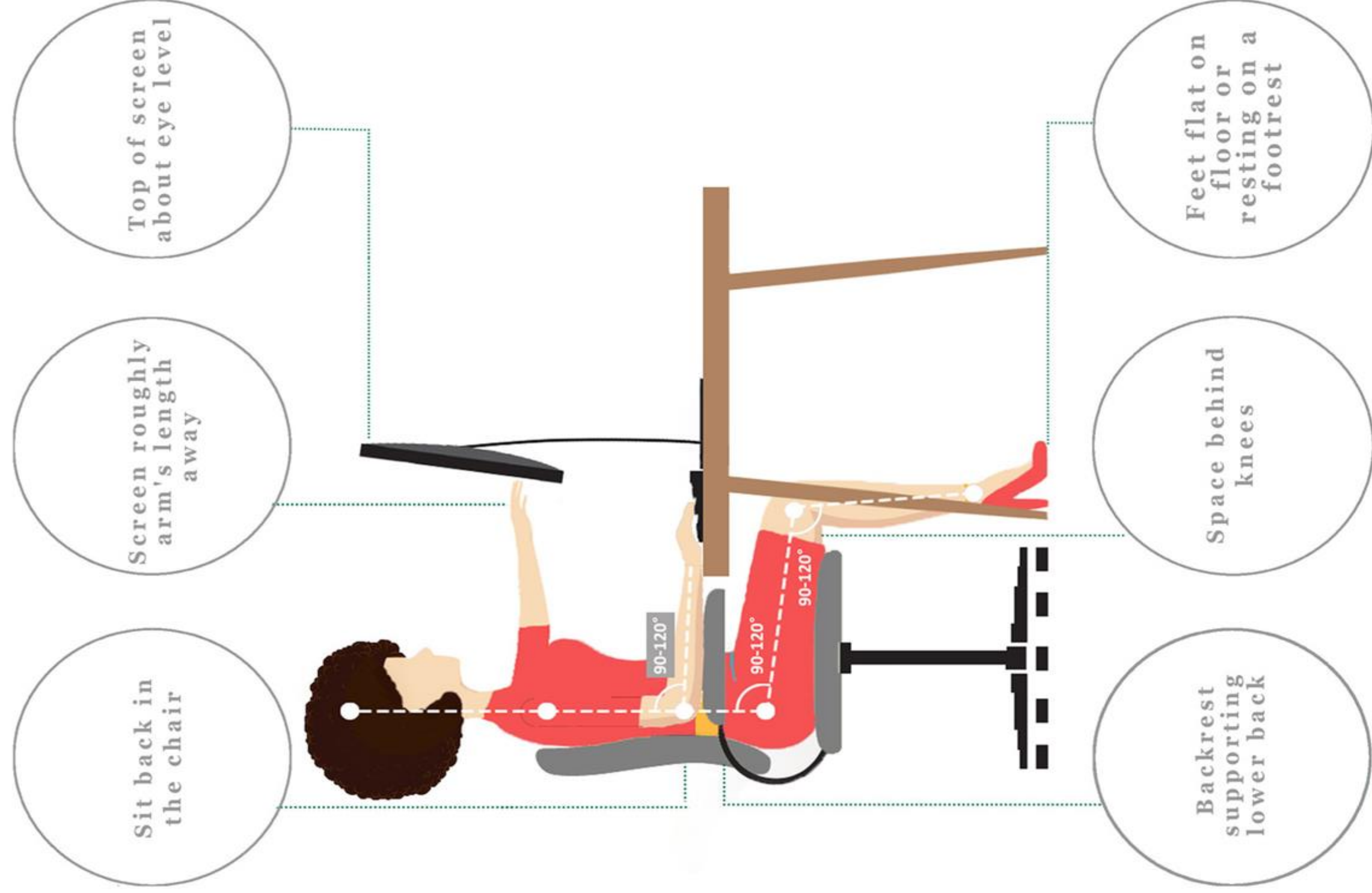
Having In-house Assessors:

- Will save you time and money
- Help you to comply with the HSE DSE regulations

IDEAL SEATED POSTURE

DSE WORKSTATION ERGONOMICS

Tips for your correct workstation set-up



www.ergonix.co.uk

info@ergonix.co.uk 0207 101 3203



Summary

Ongoing education and awareness about workplace safety are key to fostering a strong safety culture. Open discussions and regular training reinforce both safety knowledge and skills.

Ensure DSE assessments are conducted for all new employees, and reassess current employees regularly as required by DSE regulations.

Training in-house DSE assessors will support your compliance with HSE DSE regulations, ensuring your workplace meets legal requirements efficiently.

Thank You



ERGONIX

0207 101 3203
info @ergonix.co.uk
www.ergonix.co.uk