

**Duration:** 30 mins

**Course level:** Introductory

**Delivery method:** Online

## Introduction

Sitting in the right position at a desk and using computer equipment correctly can help to improve posture and general well-being. Computer Safety provides employees with an introduction to the current Health and Safety Regulations for Display Screen Equipment (1992) and explains the importance of the personalised work station, including guidance on how to adapt computer equipment to suit the individual.

Staff who have a good understanding of how to work safely to minimise health problems will benefit their business and encourage a more productive working environment.

## Who is the course for?

This course is suitable for all members of staff who use a computer. It is appropriate for all types of business.

The easy to follow, step-by-step format of this course means people can work at their own pace. No prior knowledge or experience is needed and there are no formal entry requirements.

## What will you get from this course?

When you have completed this 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 individual physical requirements
- use a laptop computer safely
- identify the physical hazards and risks associated with working on a computer
- perform simple physical exercises to minimise the risk of injury.

## Course features

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**Computer Safety** uses audio, on-screen text and animation. It provides interactive exercises and practical tips to help you ensure you are using computer equipment correctly.

At the end of the course, a multiple choice test is provided to check your knowledge and understanding. You can take this test as many times as you want.

You can start this course straight away and access it at any time, providing you have access to a computer with an internet connection. The course is available for six months from the date first accessed.

## Course modules

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- Computer Safety
- Posture
- The Work Station
- Safe Use of Laptops
- Hazards and Risks (Work-Related Upper Limb Disorders, Carpal Tunnel Syndrome, Mouse Finger, Musculoskeletal Disorders or MSDs, Eyes)

### Other courses you might be interested in

Manual Handling  
Computer Safety  
Fire Safety

Electrical Safety  
Introduction to Health and Safety  
at Work

**Course code:** 104087BT001

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