

# Health & Safety

## Display Screen Equipment

Take a look at the device you're using right now...we all use display screen equipment. This course will help you to ensure you have a correctly set up DSE workstation. We will explore the risks of a poorly set up workstation and provide you with some tips and techniques to ensure you are using your DSE safely. We will also explore environmental factors in the workplace.

## In this Module

Videoscribe explainer video, with professional audio (duration: 02:31)

English Subtitles

8 Expanded learning content blocks in the module format

'Check my understanding'  
5 Question knowledge check

## Top Tips

1. Set up your workstation properly.
2. Take frequent short breaks from your display screen equipment.
3. Adjust lighting to reduce glare on your screen

