



This Blended Learning DSE Assessor course is directed at those who wish to carry out risk assessments on VDU/DSE workstations in line with the requirements under Chapter 5, Part 2 of the Safety, Health & Welfare at Work (General Application) Regulations 2007. The course is delivered by qualified health and safety professionals, who have a broad range of experience in carrying out risk assessments and ergonomics training. The courses are delivered through eLearning, virtual classroom and virtual one to one session.

COURSE DURATION

Total time per learner: 6 hours (approximately)

COURSE METHODOLOGY & ASSESSMENT

The course will be presented in the following blended learning format:

- eLearning – Office Ergonomics Awareness – 2 hours (approx.) – can be done at learner’s leisure
- Virtual Class online – Instructor led through MS Teams – 3 hours – dedicated time agreed.
- Learners receive all training materials through email or shared folder.
- Virtual one to one session – instructor and learner – with learner carrying out a DSE Assessment through instruction – up to 1 hour per learner. Assessment is carried out by instructor observing the correct set up of a workstation and a DSE Assessment form being completed by the learner, on a colleague.

CERTIFICATION

Upon successful completion of the course, participants will receive a DSE Assessor Certificate from EMS & Associates.

ENTRY CRITERIA

No previous qualifications are required for learners to participate in the course.

COURSE SYLLABUS

Legal Requirements under Safety, Health & Welfare at Work (General Application) Regulations

Hazards and Risks Associated with VDU/DSE Use

Ergonomics of Computer Workstations

Practical Control Measures

Environmental Factors Affecting Stress Levels

Musculoskeletal Disorders Associated with VDU/DSE Use

Practical DSE Assessments

FURTHER INFORMATION

For further information or to book a course, please call us on 041-9822933 or email us on info@emsandassociates.com