

# Biz Training Solutions

## DSE Awareness

### Summary

A poor workstation set up can be hazardous to the individual, increasing the risk of injuries and ill-health. This DSE awareness course aims to support employees to understand how to complete a DSE assessment of their work station and improve their working environment.

This course explores DSE regulations, best practice, the benefits of supported postures and ergonomic work stations. This will minimise the risk of potential health issues and improve comfort whilst at work. Includes online DSE assessment.

### Lessons:

- Lesson 1: Legislation, duties and types of hazards
- Lesson 2: DSE assessments
- Lesson 3: How to set up your workstation
- Lesson 4: Supportive postures

### Continuing professional development (CPD):

All of our courses are certified by the CPD certification service

### We offer formal accreditation:

Open College Network West Midlands is a national award winning organisation, regulated by Ofqual and the Quality Assurance Agency for Higher Education (QAA). Additional costs will apply.



For further information, please visit: [www.biztrainingsolutions.co.uk](http://www.biztrainingsolutions.co.uk)  
email: [info@biztrainingsolutions.co.uk](mailto:info@biztrainingsolutions.co.uk)  
telephone: 01782 757001

CLICK HERE FOR  
INSTANT ACCESS  
START LEARNING TODAY

Online | On-time | On budget