



# **KELRON HEALTH AND SAFETY SERVICES**

# **VDU/DSE ASSESSMENTS**

# VDU/DSE ASSESSMENTS

*The programme will enable learners to deliver VDU/DSE Assessments. It will ensure competency in the preparation of VDU/DSE assessments.*

*Delivery of this programme may be in-house or is offered on a public basis in venues around the country. The facilitation of the program will consist of a variety of lectures, practical demonstrations and student centred learning.*

## **Learner Profile**

*This programme is open to all learners specifically those who have a responsibility in health & safety within their work environment.*

*It is our belief at Kelron, that people learn more when they are involved. We therefore will encourage each student to define their specific requirements and then design the course content where possible to address their needs.*

## **What do I need to provide before the course?**

*You need to fill out the booking form which is available at the back of this document.*

# VDU/DSE Assessments

Visual Display Units (VDUs) are widely used in all industries today and are a contributing factor to back injury, eye strain from poor ergonomics and eye strain from incorrect positioning of equipment or in regard to lighting.

The General Application Regulations 2007 contains a list of minimum requirements in which the employer is obliged to carry out a risk assessment of each VDU workstation.

## **This assessment will also look at:**

- equipment
- software
- ventilation
- lighting levels
- access & egress
- ergonomics
- good housekeeping
- space requirements
- noise, eye tests
- electrical cables/electricity
- manual handling
- stress due to VDU work
- all office furniture.

There are minimum requirements and standards required which cover all these areas. This assessment will also evaluate the employees routine, positioning and seating in relation to their VDU and training levels provide to staff.

The assessment will also take into account any traits or symptoms of “Sick Building Syndrome” which may be identified during the risk assessment.

## **Benefits**

- Allow the employer to meet his legal requirements
- Provide the management with an understanding of the design problems or underlying engineering/ventilation problem of the individual workstations or office
- Reduce the level of RSI or Work Related Upper Limb Disorders (WRULDs) injuries and eye sight problems
- Provides staff with a safer and more beneficial working environment
- Reduces stressing and fatigue factors related to the work environment
- Allows the employer to identify and put in place any extra training and information that may be required for employees

Through a process of discussion, training and adjustment, suggestions are made to improve the ergonomic use of desk equipment, including the desk itself, chairs, PC screens, keyboards and mouse, and any other equipment that is used day to day. In this way potential stresses on workers are reduced, allowing them to be more comfortable in their work

## ***VDU/DSE ASSESSMENTS***

# ***Booking Form***

***Name***

***Telephone***

***Mobile***

***Email***

***Address***

***PPSN Number***

***Date of Birth***

***Preferred venue and date:***

*In the unlikely event of a course failing to reach any minimum student number, you will be offered a full refund or a place on the next available course*