



Working with computers. Safety Use of Display Screen Equipment (DSE)

Duration: 4 hours

Price: 50 €

DESCRIPTION

Royal Decree 488/1997, concerning to the minimum safety and health requirement related to working with equipment that includes display screens, is intended to provide the necessary recommendations to ensure a good ergonomic design of workstations where equipments with display screens are used, in order to ensure that users can work in a safe, efficient and comfortable way.

Computerization of several jobs, facilitates the performance of numerous repetitive tasks, but also obliges user to remain, for long periods of time, in certain harmful postures. To prevent the risks associated with Display Screens (DS) it is important to perform a good job design and a correct work organization. For this reason, specific and adequate training for DS users is essential to prevent possible health problems.

The Main objective of this module of “Works with computer. Safety Use of Display Screen Equipment (DSE) ” is to be aware of how to work properly with DSE implementing safety standards and recommendations to reach this purpose, detecting existing occupational risks related to the use of DS, identifying inadequate situations or general deficiencies in the workplace and taking into account the preventive measures that must be taken to reduce or eliminate these risks.

CONTENT

1. Introduction
2. Who are DSE users?
3. Working environment
4. The position
5. Disorders caused by the use of DS

6. Visual fatigue
7. Musculoskeletal disorders (MSD)
8. Mental strain