



FORMACIÓN

Guidelines to Health and Safety in the Office and VDU/DSE Use

Delivery method: eLearning || **Duration:** 5 hours – 1 month || **Course fee:** See the website

Qualification

On completion of the training program, participants will be awarded the **Certificate of Guidelines to Health and Safety in the Office and VDU/DSE Use**. **The Qualification is awarded by** Bureau Veritas Business School

Who the course is for

The Guidelines to Health and Safety in the Office and VDU/DSE Use Course is aimed at all those people whose work involves the use of Data Display Screens, either in offices or workplaces with similar characteristics.

Similarly people who, although not doing office work now, may find themselves working in an office in the future.

And those companies that wish to provide their workers with a safe and healthy workplace, from an ergonomic and psychosocial point of view.

Objectives

The general objective of the Course is that participants acquire the skills, that is to say, the knowledge, capabilities and attitudes necessary to identify the risks they may be subject to when doing a sedentary job such as a user of Data Display Screens.

At the end of the training participants will be able to:

- Identify the different causes that can be a source of risk in working with data display screens.
- Know the most important aspects to be taken into account in an office working environment.
- Become aware of the health consequences arising from the risks to which they are subjected.



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Program

Guidelines to Health and Safety in the Office and VDU/DSE Use

- Working With VDU´s: Risk Causes
- Postural Fatigue. Key Issues on the Work Team
- Office Environment. Environmental Factors
- Work Stress. Exposure to Social and Psychological Factors
- Traffic Work Accident. Accident "In Itinere"

Contact

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