SQT

TRAINING THAT DEVELOPS
REAL CAPABILITY

VDU Risk Assessment & Ergonomics

HS029

VDU Risk Assessment & Ergonomics

The Safety, Health and Welfare at Work (General Application) Regulations, 2007 Part 2, Chapter 5 Display Screen Equipment, lay down the health and safety requirements aimed at protecting VDU users against visual, postural and stress problems associated with their use.

This course is specifically designed for participants who wish to carry out VDU Workstation Assessments in their own workplace.

Duration & Price

Duration: 1 day
Delivery mode: This programme is available In-Company

Dates & Locations

In-Company training programmes are customised for your organisations specific needs. Most In-Company training is now delivered virtually.

In-Company Training

Please contact us for more information on our In-Company training options

What's covered?

- Legislation
- Anatomy and body mechanics
- Occupational injuries
- Hazard identification
- VDU risk assessment
- Ergonomic factors
- Injury / Hazard Prevention methods
- Risk reduction implementation
- Review of helpful Flexibility exercises

Who should participate?

Managers, supervisors and office personnel responsible for VDU users and workstations and those who wish to carry out a VDU Risk assessment.

What will I learn?

Participants achieve the following learning outcomes from the programme;

- Identify the legal requirements in relation to working with VDUs.
- Identify the hazards and assess the risks specific to VDUs and the office environment.
- Describe the postural implications of using workstations and the associated prevention methods.
- Recommend control measures to reduce risks unwanted with VDU's.

What Our Learners Say

We believe in excellence through transparency and continuous improvement. That's why we invite all our delegates to share their experiences on CourseCheck.com, an independent platform dedicated to genuine, unfiltered feedback. Learner insights help us not only to enhance our training programmes but also empower potential learners to make informed decisions. Click on the link below to read firsthand experiences and testimonials from past learners.

Click Here

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SQT provide a unique combination of high quality, accredited, practical training delivered by leading industry experts and supported by the most up to date learning technology and tools

LEAN SIX SIGMA, PROCESS & PROJECT MANAGEMENT

- Lean Six Sigma
- Join our Lean Six Sigma Network
- Continual Process Improvement
- Project & Programme Management

COMPLIANCE, STANDARDS & AUDITING

- Quality
- Environment & Energy Management
- Health & Safety
- Food Safety
- Life Sciences
- Laboratory
- Integrated Management Systems

LEADERSHIP & PERSONAL DEVELOPMENT

- Leadership & Personal Development
- Train the Trainer

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