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Workstation Ergonomics

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Workstation Ergonomics Forum

Welcome to the forum for [Workstation Ergonomics](#).

In this forum you can do the following:

- 1)Reply to a thread/comment by clicking on the thread of interest to you.
- 2)Create a new discussion.

To find out more about using our forums, [click here](#).

Workstation Ergonomics

Workstation Ergonomics

This DSE course covers safety and health at the computer workstation. Workplace health and safety is dependent on workers using computers safely. Keeping healthy at work is important for all. This course informs and instructs employers and workers as to how to stay safe at work.

The Contents tab displays all the lessons and topics of the course. Each time you click the Contents tab, you will come to this page. A green tick indicates those lessons and topics you have completed, so you can easily see your progress.

Topics in this module:

- Workstation Ergonomics
- Lesson 1: An Overview of Workstation Ergonomics
- Lesson 1: Topic 1: Introduction to Ergonomics
- Lesson 1: Topic 2: Factors Affecting Workstation Ergonomics
- Lesson 2: Designing an Ergonomic Workstation
- Lesson 2: Topic 1: Using a VDU Effectively
- Lesson 2: Topic 2: Equipment for an Ergonomic Workstation
- Lesson 2: Topic 3: Physical Ergonomic Factors
- Lesson 2: Topic 4: Environmental Ergonomic Factors
- Lesson 2: Topic 5: Case Study – Ergonomics
- Lesson 3: Recognizing Musculoskeletal Disorders (MSDs)
- Lesson 3 Topic 1: Recognizing MSDs
- Lesson 3 Topic 2: Preventing MSDs
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