



## **Display Screen Equipment (DSE) : Problems, Diagnosis and Treatment for Musculoskeletal Issues**

**“A course designed especially for Occupational Health Nurses and Advisors”**

This one-day course has been designed to give you the knowledge and tools to help people who are suffering with aches and pains at work. It will look at common musculoskeletal conditions associated with poor postures, propose self-help solutions for common complaints and demonstrate the latest seating and accessories to improve workstation ergonomics and employee health.

Do your Employees suffer with aches and pains whilst sitting at their desks or in front of their PC or laptop? Are they sitting properly and is their workstation set up correctly? Are they dangling their feet off the edge of their chair or poking their chin forwards to read the screen? Poor posture and incorrectly configured equipment can put unnecessary strain on muscles and joints, leading to pain, strains and stiffness.

### **Course Aims**

- **To increase your awareness of the MSK issues arising from DSE use**
- **Increase your knowledge of the potential conditions**
- **Know when to make an appropriate referral to Physiotherapy/ GP/ Formal DSE assessment**
- **Improve your understanding of how physiotherapy can help and for which conditions.**
- **Know what advice to give to patients**

**For Further details please contact FitBack**