

# TRAINING SERVICES

**We love to share our knowledge. Whether you or your team are seeking accredited Display Screen Equipment (DSE) Assessor training or want to improve wellbeing and productivity across your workplace, our flexible courses are designed to help.**

Choose from one hour, half or whole-day sessions, delivered face-to-face or virtually to meet your needs. We offer a wide range of tailored in-house programmes, plus free webinars. Every course can feature company-specific content and, where possible, practical demonstrations. All training is approved by IIRSM (International Institute of Risk and Safety Management), and our one-day DSE Assessor training is also accredited by CIEHF (Chartered Institute of Ergonomics and Human Factors).

[Contact us to discuss your requirements or explore our growing course portfolio.](#)



## Certified Courses:

### Display Screen Equipment (DSE) Assessor

This is a certified one-day training course for line managers and newly appointed or recently appointed Workstation Assessors. No previous knowledge or experience is required.



### Posture Tip for Office and Homeworkers

Based on our widely used Posture Guidance information, this one-hour workshop highlights the risks of adopting poor postures when using Display Screen Equipment. It offers advice on correctly setting up your workstation and achieving good postures.



### Boost Your Workplace Wellbeing

Poor posture and inadequate workstation setups cause discomfort, fatigue, and injury. Our workshops and floor walks raise awareness, offering personalised advice to improve posture, wellbeing, and create a safe, productive work environment.



### Posture Awareness – Laboratory

Explore the risks of poor postures during computer or lab work, delivered virtually or face-to-face. It helps delegates understand the physical effects of static, poor, or repetitive postures, offering guidance on workstation setup and ways to improve posture and wellbeing.





## Certified Courses continued:

### Posture Awareness – Vehicles

A one-hour online or in-person workshop (optional 30-minute practical for in-person sessions) explores how musculoskeletal disorders develop and the risks of a poor interior setup. It offers adjustment advice, journey precautions, and tips for wellbeing and mental health.



## A holistic approach:

In addition to our ergonomics content, we offer a broad portfolio of inclusive training, coaching and support to address topics related to neurodiversity, menopause, sleep deprivation, and vision and hearing impairment.

### Inclusion for all

From Workplace Needs Assessments for individuals to awareness training for an entire organisation, we can support your Equity, Diversity & Inclusion programme at every level. We always focus on providing practical support and effective strategies to maximise workplace productivity and potential.

#### This includes:

- ⊗ One-to-one assistive technology training
- ⊗ Co-coaching for employees and their manager
- ⊗ Team awareness sessions
- ⊗ Sessions for parents of neurodivergent children
- ⊗ Self-care support for sandwich carers and more.

For further information, download our [Inclusive Wellbeing Services brochure](#).

### Face-to-face Events

Join us at one of our quarterly events. These half- or one-day mini-conferences offer knowledge and insights from our roster of experienced and highly regarded guest speakers. Addressing the compelling questions of workplace wellbeing, we share proven strategies and techniques in an engaging format. **Find out more [here](#).**

### Webinars

We have been running free webinars for several years. These expert-led sessions explore practical strategies to boost workplace wellbeing. They are an ideal way to get a taste of our style, relevance and content to help you identify your own requirements.

[www.ergonomics.co.uk/learning-hub/webinars](http://www.ergonomics.co.uk/learning-hub/webinars)

## Osmond Ergonomics & Wellbeing

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