

KOS ERGONOMICS TRAINING ACADEMY

Overview DSE / VDU Assessor Training Courses

Comprehensive, HSA-aligned assessor training for Irish workplaces



Level 1 · Beginner

Level 2 · Advanced

Remote Assessor Course

WELCOME

Build In-House Ergonomics Expertise

KOS Ergonomics Training Academy delivers Ireland's leading Display Screen Equipment (DSE) and Visual Display Unit (VDU) assessor programmes. Led by senior clinical consultant James Kennedy, our courses combine Irish and EU legislative grounding with practical, real-world assessment skills — equipping your team to reduce musculoskeletal risk, ensure HSA compliance, and champion employee wellbeing from within your own organisation!

01

Level 1 — Essential DSE Assessor & VDU Training

Foundational certification for nominated individuals, HR, H&S officers and line managers new to DSE compliance.

02

Level 2 — Advanced & Refresher DSE Assessor

Post-foundation masterclass in clinical case management and complex accommodations.

03

Performing a DSE Compliant Remote Assessment

Specialised training for assessing hybrid and remote home workstations virtually.

CERTIFICATION PATHWAY

DSE Assessor Training

Three steps from foundational compliance to advanced, specialist assessment — each building directly on the last.

1



LEVEL 1 · BEGINNER

No prerequisite

Basic DSE & VDU Training

A solid foundation for anyone new to workplace ergonomics — covering DSE legislation, correct workstation set-up, and how to run a standard assessment that ensures full HSA compliance.

Live online · Microsoft Teams

2



SPECIALIST TRACK

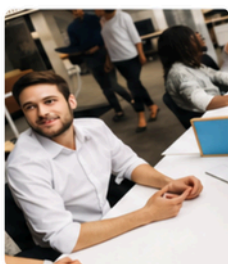
Requires Level 1

Performing a DSE-Compliant Remote Assessment

Skills for confidently assessing hybrid and remote workers — advanced techniques for gathering information, choosing the right technology, and guiding an employee clearly from a distance.

Live online · Microsoft Teams

3



LEVEL 2 · ADVANCED & REFRESHER

Level 1 or existing H&S / clinical qualification

Advanced DSE Assessor Training

For those who've completed Level 1, or professionals such as H&S managers, physiotherapists, or occupational health nurses. Covers complex cases, medically-graded equipment selection, and advanced postural analysis for difficult ergonomic and pain-management needs.

Live online · Microsoft Teams

Essential DSE Assessor & VDU Training

Foundational certification • Full-day online programme

01

PROGRAMME OVERVIEW

The Level 1 course equips participants with the essential knowledge and practical skills to carry out Visual Display Unit (VDU) / Display Screen Equipment (DSE) assessments in compliance with Irish and European legislation. Designed for professionals new to workplace health and safety, this foundational course helps ensure safe workstation practices, reduce the risk of musculoskeletal disorders (MSDs), and promote overall employee wellbeing.

Learning Outcomes

- Understand the scope of Irish and EU statutory requirements regarding VDU/DSE legal compliance.
- Master the principles of ergonomics and anthropometrics to adapt standard office equipment to a diverse workforce.
- Identify hazards linked to incorrect workstation setups, including risks to posture, ergonomics, and eyesight.
- Confidently execute a standard DSE workstation assessment and help shape organisational safety policy.

Programme Details

DURATION	Full-Day (9am–5pm)
LOCATION	Online – Teams / Zoom
CERTIFICATION	KOS VDU/DSE Assessor Cert. (Valid 3 years)
DATES & PRICING	€299, see website for upcoming course dates.

This Programme Is For

This comprehensive course is highly recommended for professionals responsible for staff welfare and compliance, including:

- Health and Safety Managers / Personnel
- Human Resource (HR) Managers
- Occupational Health Professionals
- Physiotherapists & Chiropractors
- Office Managers
- Business Owners
- Nominated Employees / Designated Health & Safety Representatives

PROGRAMME CURRICULUM

01

Irish & EU Health & Safety Legislation (2007 SHWW General Application Regulations)

02

Introduction to Ergonomics and Anthropometrics

03

Hazard Identification & Postural Risk Factors

04

Modern Workplace Issues (Hot-desking, Sit-Stand Desks)

05

TheHybrid & Remote Era: Introduction to Homeworking Ergonomics

06

Practical Workstation Assessment Techniques & VDU Checklists

07

Advising and Shaping Organisational DSE Policies



Approach

Delivered remotely via an interactive online environment, this programme uses multimedia instruction — including high-quality explainer videos, live polls, and breakout group exercises — to ensure high engagement. Participants are encouraged to share workplace experiences, culminating in a theory exam and practical validation to ensure immediate real-world application.

"I had no prior background in health and safety, but as our HR manager, it fell to me to ensure legislation perfectly, and I now feel entirely confident performing standard workstation setups for our new hires."



Claire D. — HR Manager

LEVEL 1 - ESSENTIAL DSE ASSESSOR

Ready to bring DSE assessments in-house?

Secure your place on the Level 1 Essential DSE Assessor & VDU Training programme.

[Book This Course](#)

Advanced & Refresher DSE Assessor

Clinical masterclass · Full-day online programme

02

PROGRAMME OVERVIEW

The aim of this advanced course is to update, refresh, and deeply expand the knowledge of existing VDU/DSE assessors. Participants will gain a sophisticated understanding of the biomechanical risks associated with prolonged sedentary behaviour and complex employee health conditions. This masterclass dives deep into medically graded equipment selection, intricate pain mapping, and advanced postural analysis to equip assessors to handle high-level accommodations and structural ergonomic challenges.

Learning Outcomes

- Evaluate the clinical relevance of specialised, medically graded ergonomic accessories.
- Conduct advanced postural analysis and manage high-level adjustments for employees with chronic pain or injury restrictions
- Successfully manage complex 'return to work' scenarios in coordination with occupational health guidelines.
- Utilise advanced diagnostic resources, including the exclusive KOS Occupational Health Pack, to map evidence-based solutions to work-related injuries.

Programme Details

DURATION	Full-Day (9am–5pm)
LOCATION	Online – Microsoft Teams
CERTIFICATION	KOS Post-Foundation Cert. (Valid 3 years)
DATES & PRICING	€299, see website for upcoming course dates.

This Programme Is For

This is an advanced, post-foundation course. To participate, delegates must meet at least one of the following prerequisite criteria:

- Have completed a Level 1 basic VDU/DSE assessors course or equivalent.
- Have performed a minimum of 25 practical VDU assessments.
- Hold an existing professional qualification (such as an H&S Manager, Physiotherapist, Chiropractor, or Occupational Health Nurse).
- Be an experienced individual or facilities professional strictly in charge of workplace ergonomics.

PROGRAMME CURRICULUM

01

Advanced Review of Irish Regulations (Regulation 72, 2007 SHWW) & EU Directives

02

Anatomy, Physiology, and Biomechanics of Sedentary Work

03

Detailed Mapping of Work-Related Musculoskeletal Injuries

04

Clinical Evaluation of Ergonomic Equipment & Specialised Accessories

05

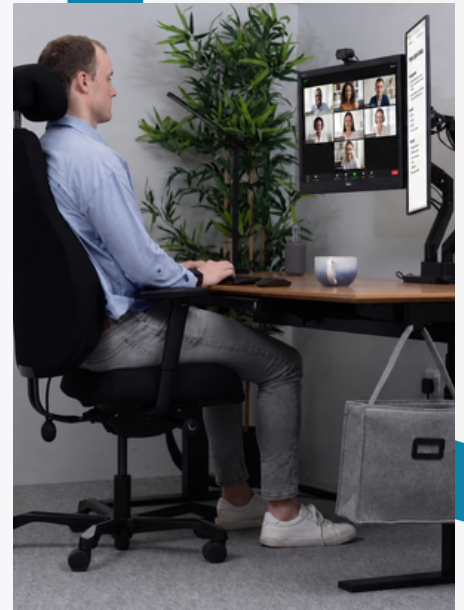
Advanced Postural Analysis & Dynamic Sitting Adjustments

06

Complex Case Management & Return-to-Work Protocols

07

Reporting and Documenting High-Level Ergonomic Risk Evaluations



Approach

This live, interactive programme focuses on advanced case management and peer-to-peer learning. Through short, focused lectures, clinical theory slides, complex case study breakdowns, and virtual 1-on-1 equipment fitting simulations, delegates learn exactly when, why, and how to deploy targeted ergonomic interventions.

"I have been doing basic DSE assessments for years, but I frequently struggled when an employee returned to work with specific, medically certified back injury. This course completely solved that problem. The Occupational Health Pack provided is incredibly practical, and I now know exactly when to recommend specialized ergonomic equipment."



Niamh O'Connor — Occupational Health Nurse

LEVEL 2 · POST-FOUNDATION

Take your assessor skills to the next level

Secure your place on the Level 2 Advanced & Refresher DSE Assessor programme.

[Book This Course](#)

Performing a DSE Compliant Remote Assessment

Specialised half-day programme + 1-on-1 follow-up

03

PROGRAMME OVERVIEW

Successfully delivering an ergonomic assessment virtually is significantly more challenging than working in person. Assessors are restricted by webcam views, completely reliant on communication technology, and unable to physically adjust equipment. This specialised, half-day course bridges that gap by transferring KOS Ergonomics' extensive remote assessment framework directly to your internal team.

Learning Outcomes

- Overcome the physical limitations of virtual assessments using structured pre-assessment information-gathering techniques.
- Accurately perform a thorough environmental and workstation safety assessment of a home office remotely.
- Directly guide and coach remote employees verbally to execute their own physical screen, chair, and equipment adjustments.
- Maximise virtual engagement to ensure the remote worker thoroughly understands and maintains their ergonomic setup.

Programme Details

DURATION	Half-Day (9am–12pm) + 90-min 1-on-1
LOCATION	Online – Zoom
CERTIFICATION	Certified Remote DSE Assessor (Valid 3 years)
DATES & PRICING	€339, see website for upcoming course dates.

This Programme Is For

This comprehensive course is highly recommended for professionals responsible for staff welfare and compliance, including:

- Health and Safety Managers / Personnel
- Human Resource (HR) Managers
- Occupational Health Professionals
- Physiotherapists & Chiropractors
- Office Managers
- Business Owners
- Nominated Employees / Designated Health & Safety Representatives

PROGRAMME CURRICULUM

01

The Legalities of Homeworking:
Employer Duty of Care Under
Irish Law

02

Unique Structural Challenges of
Remote & Virtual DSE
Assessments

03

Pre-Assessment Data
Collection: What to Gather and
Efficient Tools to Use

04

Technology Options & Formats
for High-Engagement Virtual
Consultations

05

Verbal Coaching Frameworks
for Remote Equipment
Configuration

06

Executing an Environmental
Risk Assessment Remotely

07

Remote Assessment Case
Studies and Practical
Troubleshooting



Approach

This highly practical, half-day session concentrates explicitly on the mechanics of remote instruction. Using targeted explainer videos, communication simulations, and virtual workstation case studies, attendees learn how to effectively project ergonomic expertise through a screen.

"I completed the Level 1 course a while ago, but with half our company moving to a hybrid model, I felt completely out of my depth trying to assess their home setups over a webcam. This course was exactly what I needed. It taught me how to actually communicate the adjustments clearly when I can't be there to move the monitor myself. Highly recommend it to anyone managing hybrid teams!"



Sarah M. — Office & Facilities Manager

SPECIALIST · REMOTE ASSESSOR

Equip your team to assess hybrid workstations

Secure your place on the Performing a DSE Compliant Remote Assessment programme.

Book This Course



ABOUT YOUR TRAINER

James Kennedy

Senior Ergonomic Consultant, KOS Ergonomics

James brings extensive, practical field experience to the KOS Ergonomics Training Academy, having conducted over 10,000 real-world assessments for Ireland's leading corporate entities. Holding academic foundations in Occupational Ergonomics and Occupational Health & Safety, James translates complex biomechanical principles into accessible, actionable workplace strategies. His pedagogical expertise is recognised at university level, where he serves as a regular guest lecturer in ergonomics for physiotherapy students at both Trinity College Dublin and the Royal College of Surgeons in Ireland (RCSI).

Corporate Solutions

On-Site DSE Group Training

We bring our clinical experts directly to your facility or host your team remotely. Our group training is highly interactive and customized to your specific office environment, ensuring your internal team can manage VDU compliance at scale.

Group Training is available for all certification tracks:

- ✓ Level 1: Beginner DSE Training
- ✓ Remote DSE Assessment Training
- ✓ Level 2: Advanced Assessor Training

Format: On-Site at Your Office or Dedicated Remote Sessions.

[Enquire for Group Rates](#)



READY TO BUILD YOUR TEAM'S EXPERTISE?

Get in touch to discuss dates, pricing, and which programme is right for your organisation.

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