
Overview

This standard is about maintaining health, safety and wellbeing when working with digital technologies.

It involves the importance of health, safety and wellbeing policies and procedures in the digital technology workplace and the responsibility that it places on each individual. It includes the use of risk assessments in relation to health, safety and wellbeing and the safe use of digital technologies and screen-based equipment. It also includes the procedures for responding to accidents and how to handle hazardous substances and materials connected with digital technologies.

This standard is for those who need to operate safely, maintaining health, safety and wellbeing when working with digital technologies to meet their own needs or as part of their duties.

Performance criteria

You must be able to:

1. Perform risk assessments to identify the health and safety hazards associated with use of digital technologies to implement safe working practices
2. Respond appropriately to reduce potential risks in own working environment and work practice in line with organisational standards
3. Review and respond to hazards and risks that arise when working with digital technologies in the workplace in line with organisational procedures
4.
Take precautions to reduce health and safety risks to self and others when moving or disposing of heavy or hazardous digital technology equipment in line with organisational procedures
5.
Recognise and minimise the effects of physical stresses of working at a screen and when working online
6.
Apply specified methods to avoid physical and psychological health risks while using digital devices in line with organisational procedures
7.
Follow the procedures for reporting digital technology related hazards, risks or accidents at work in line with organisational procedures

Knowledge and understanding

You need to know and understand:

1. The legislation relating to general health and safety in an IT context
2. The organisational procedures for ensuring health and safety at work
3. The organisational procedures for responding to accidents at work
4. The procedures for reporting hazards, risks or accidents at work
5. The main features of an organisation's health and safety policies and procedures
6. The main health and safety responsibilities of self and others in the digital technology work setting
7. How to access additional support and information relating to health, safety and wellbeing in the digital technology work setting
8. Why it is important to assess health and safety hazards posed by the digital technology work setting
9. How to assess the risks associated with use of digital technologies
10. The wellbeing issues associated with overuse or improper use of digital technologies
11. The actions which can be taken to mitigate the health and wellbeing risks associated with digital technologies
12. The health risks that can result from poorly designed workstations or working environments

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Maintain health, safety and wellbeing when working with digital technology



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