

HAND ARM VIBRATION AWARENESS TRAINING

Educational Aims:	To carry out effective hand-arm vibration (HAV) assessments and implement appropriate controls. Understanding: <ul style="list-style-type: none">• health effects of excessive vibration,• requirements of the Control of Vibration at Work Regulations 2005,• options available for vibration control
Objectives:	To ensure that relevant people are aware of the legal and company policy requirements for protection from the effects of vibration. To increase levels of risk perception related to vibration. To be able to complete a suitable and sufficient vibration assessment. To encourage appropriate selection of controls for vibration reduction.
Target Audience:	Managers and supervisors responsible for: <ul style="list-style-type: none">• vibration assessments,• planning work involving risk of ill-health from HAV• selection of equipment• proper control of vibrating equipment.
Methodology: Timing - approx. one hour	Why protect people from vibration? Overview of vibration <ul style="list-style-type: none">Health effects of excessive vibrationHand-Arm vibration and Whole body vibration (very briefly)Measuring vibration – $m/s^2 A(8)$, daily exposure The Control of Vibration at Work Regulations 2005 <ul style="list-style-type: none">Risk AssessmentExposure Action value and exposure limit valueOther responsibilities – e.g. health surveillance, training Vibration Control <ul style="list-style-type: none">Equipment selectionWorking practicesUse and maintenance of equipmentGood circulation Completing assessments – case study
Equipment:	PC Projector White board
Assessment Procedure:	No formal assessment planned during training.
Review:	By company