

# HAND-ARM VIBRATION



## Introduction

Hand Arm Vibration comes from the use of hand-held power tools. This module covers the requirements of current legislation and will help you identify situations where hazards exist and how to assess the risk. It will also discuss basic techniques for control of vibration exposure and identify areas where vibration reduction is required.

## Course Overview

At the end of the course, trainees will be able to:

- » Define Hand-Arm Vibration (HAV)
- » State when and how Hand-Arm Vibration may occur
- » Recognise the signs and symptoms of HAVS and CTS
- » State the legal requirements in relation to Hand-Arm Vibration
- » Understand what types of work and / or tools may pose a risk
- » Take appropriate action to protect yourself from Hand-Arm Vibration
- » Take appropriate action to control and reduce the risks.

## Course chapters

### 1. What is Hand-Arm Vibration.

This section will cover what hand-arm vibration is, what the consequences are as well as the signs and symptoms of Hand-Arm Vibration.

### 2. Understand Exposure and Exposure Limits.

This section covers Hand-Arm Vibration and the law, vibration magnitude and the importance of task duration as well as exposure limits to vibration.

### 3. Understanding the Risk.

Find out who is at risk, what tools or equipment pose a risk and how great the risk is.

### 4. Reducing the Risks.

This section will look at how to reduce the risk as well as risk reduction options including good practise guidance.

## Who will it benefit?

This course is designed for those who use hand-held power tools and would like to learn about the exposures that could pose serious health risks. This module will also help you take appropriate action to control and reduce the risks.

