

# ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

## Hand-Arm Vibration (HAV)

£15  
ONLY

Health and Safety Awareness Training  
Hand-Arm Vibration

### The Risk of Hand-Arm Vibration at Work

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There are hundreds of different types of hand-held power tools and equipment which can cause ill health from vibration. Some of the more common ones are listed below.

▶ Click NEXT to move on.

Hammer drills Jigsaws Hand-held grinders Impact wrenches Concrete breakers Concrete Scabblers

Lawn mowers Cut-off saws Chainsaws Needle scalars Sanders Polishers

Health and Safety Awareness Training  
Hand-Arm Vibration

### The Control of Vibration at Work

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A simple way to obtain an estimate of the Vibration Exposure Level for a specific tool is to use the declared vibration value provided by the equipment manufacturer (packaging or user information).

If a more accurate reading is required for a specific tool or situation, an alternative is to use a vibration meter to obtain an accurate measure of the vibration magnitude while the tool is in use.

▶ Click NEXT to move on.

Vibration meter

Type of use	Vibration emission
Hammer drilling into concrete	12.89 m/s <sup>2</sup>
Chiseling	14.66 m/s <sup>2</sup>

- ✓ Assured by RoSPA
- ✓ Certified by CPD
- ✓ Audio voiceover
- ✓ Approximate duration 1 hour
- ✓ Downloadable certificate on completion

Our Hand-Arm Vibration (HAV) Training Course will advise you of the hazards posed by HAV at work. It will also explain the precautions that you need to take to prevent permanent injury to your health through prolonged exposure to vibration.

Employers have a legal duty to take reasonable steps to safeguard the health and safety of all employees. Therefore, employers need to raise awareness about the risks associated with HAV at work, and they need to outline how these risks can be minimised.

## PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress and attainment.

Our training licences **don't expire** and are only assigned to a learner the first time they launch the training. Substantial discounts are applied to bulk purchases and annual licences are also available.

The course has been accredited by the CPD Certification Service and approved by RoSPA.

The course assessment is generated from question banks so will change each time it is taken. A certificate is available for download on successful completion of the assessment.

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*i2Comply*

## Hand-Arm Vibration (HAV)

The Hand-Arm Vibration training course contains the following 4 topics:

### 1. INTRODUCTION TO HAND-ARM VIBRATION

The first topic explains what hand-arm vibration is and outlines what are the various sources of hand-arm vibration. The topic also identifies when HAV can be damaging to your health, outlines the symptoms of hand-arm vibration syndrome and explains how it can affect your health in the long term. This topic also looks at Carpal Tunnel Syndrome and outlines the incidence of HAVS and Carpal Tunnel Syndrome in the UK over the past decade.

### 2. THE RISK OF HAND-ARM VIBRATION AT WORK

The second topic identifies the factors that increase your risk of developing Hand-Arm Vibration Syndrome and other health issues related to vibration. Also, the topic outlines the industries where the risk of developing vibration-induced health issues is highest and the equipment that can cause ill health from vibration. Finally, the topic will outline the factors that indicate whether you are at risk of developing Hand-Arm Vibration Syndrome.

### 3. THE CONTROL OF VIBRATION AT WORK

The third topic provides an overview of important legislation that aims to protect workers from vibration-related injury and ill health. This topic also outlines why it is important to assess the risk of injury from vibratory tools in the workplace and explains how vibration exposure is calculated.

### 4. MANAGING HAV RISKS

The final topic indicates the actions that employers and employees should take to reduce their exposure to hand-arm vibration and minimise the risk of developing HAVS. Also, this topic explains the purpose of risk assessment and health surveillance, and when these should be carried out.