



# Hand-arm vibration 3 hour basic programme



## Course Aims

To enable the employer to comply with Regulation 8 of the Control of Vibration at Work Regulations 2005, by the provision of information, instruction and training.

## Course Objectives

By the end of this training programme, delegates will be able to;

- 1) Outline the duties of the employer under the Control of Vibration at Work Regulations 2005
- 2) State the exposure limit values and action values set out in the Regulations.
- 3) Explain the problems associated with;
  - a) hand-arm vibration
  - b) whole body vibration
- 4) Describe examples of control measures.
- 5) Explain how employees can reduce vibration risk

## Who will benefit from this training course?

Any employee exposed to risk from using vibrating equipment such as:

Hand held power drills  
Air guns/hammers  
Pedestal grinders  
Angle grinders  
Road/concrete breakers  
Rotary mowers

Pedestrian rollers  
Electric screwdrivers  
Hand fed wood working  
Hand held circular saws  
Pneumatic compactors  
Pneumatic drills

## **Course Outline**

Hand-arm vibration syndrome.

Factors leading to vibration white finger.

Carpal tunnel syndrome.

Typical vibrating tools.

Whole body vibration.

Exposure limits values and action values.

Factors which govern a person's daily vibration exposure.

The organisational and technical measures taken to comply with the elimination or control of vibration risks.

Safe working practices to minimise exposure to vibration.

Employee entitlement to health surveillance.

## **Training Methods**

Lectures, discussions and practical exercises.

## **Delegate numbers**

Up to a maximum of 10 delegates

## **Programme times**

0930 to 1230 and / or 1300 to 1600 or times to suit employer.

## **For more information**

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## **Alan Bunting Dip NEBOSH. Grad IOSH. MIIRSM.**

Trainer and safety consultant, has been involved in training for over 30 years, leaving the Governments' Skills Training Agency as a higher instructional officer in 1992 to set up his own Training and Safety Services.

He is a safety advisor to a number of small/medium size businesses in the Norwich and Norfolk area and assists them in the completion of safety policies, general risk assessments, noise risk assessment and hearing tests. He also provides specially designed tool-box training sessions for his clients so that his training is always relevant to the client needs.

### **Training sessions include:**

Accident investigation, Asbestos awareness, Compressed air safety, Control of substances hazardous to health, Display screen equipment, Electrical safety, Fire warden training, Hand arm vibration, Human behavioural safety, Human Kinetics, Manual handling, Noise awareness, Permit to work, Provision and use of work equipment, Risk assessment, Safety leadership, Safety Policy, Safe use of lifting equipment, Working at height, Workplace safety, Work related upper limb disorders.

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