

Working with Vibration



Why do you need it?

To develop a good understanding of the principles of vibration, how it affects people and why and what can be done to prevent long term damage from exposure.

Who is it for?

All persons who work with work equipment that causes vibration.

Pre-requisites

None

Aims:

- To raise awareness of the effects of vibration on the individual and those around them
- To reduce vibration related problems within the workplace
- Improve the safety performance of the company

Content

- What is hand/arm vibration and who is at risk?
- Hand/Arm vibration conditions, symptoms and effects
- The role of tools and equipment
- Legal duties
- Exposure limits
- Assessing the risk and hazards
- Estimating exposure
- Control measures
- Health surveillance
- Information and training

What next:

- IOSH Working Safely
- Working with Noise
- Manual Handling

Duration: 1/2 day