VIBRATION GUIDANCE

BEST PRACTICE FOR MANAGERS

Issued by Health and Safety – April 2025

Contents

1. INTRODUCTION AND THE RISK IN CONTEXT

1.1 Managers must ensure they are familiar with the contents of this document and understand their responsibilities in managing the risks associated with vibration in the workplace. Employees also have a duty to follow any training and instructions provided, use equipment correctly, and report any concerns or symptoms related to vibration exposure.

1.2 Workers are exposed to vibration in many forms. This can be from the use of percussive handheld tools or from standing or sitting on machinery/vehicles. Those who regularly use high vibration tools and machinery are at risk of injury and/or developing health conditions associated with vibration exposure. Prolonged and regular exposure to vibration can affect the operator's health, for some people the symptoms may appear after only a few months of exposure, but for others it may take several years.

1.3 The Control of Vibration at Work Regulations (2005) works on the basis that the amount of harm caused through exposure to vibration is dependent on the dose of vibration received. The principle being that a given dose, however delivered, will cause an equivalent degree of harm. This dose is determined by the vibration magnitude and the duration of exposure. The higher the exposure level, the greater the damage caused.

1.4 The risks from vibration can be controlled and employees can be protected from ill-health caused by vibration. To protect employees, and to comply with the:

Hand Arm Vibration Control of Vibration at Work Regulations ACOP 2005 (L140)

Whole-body Vibration the Control of Vibration at Work Regulation ACOP (L141)

Employers need to assess the risks from vibration and plan how to control them. HSE Guidance HSG 170 offers Practical ways to reduce the risk of hand – arm vibration injury.

2. KEY DEFINITIONS

2.1 ***'Vibration'*** is the term given to an oscillatory motion involving an object moving back and forth.

2.2 ***'Vibration Magnitude'*** is the term that describes the amount of vibration that a tool or piece of equipment emits. This value is used to calculate a worker's personal daily exposure.

2.3 ***'Hand-Arm Vibration'*** is defined as mechanical vibration which is transmitted into the hands and arms during the work activity and can also be known as segmental vibration.

2.4 ***'Whole Body Vibration'*** is defined as mechanical vibration, which is transmitted into the body, when seated or standing, through the supporting surface during the work activity. PLEASE NOTE: If you have any equipment in your service that has the potential to cause WBV, then specialist advice may need to be sought.

3. WHAT IS HAND-ARM VIBRATION SYNDROME (HAVS)?

3.1 Hand-arm vibration syndrome (HAVS) covers a range of occupational diseases that are associated with the upper limbs of a worker. The most common cause of HAVS is from gripping vibrating power tools or using hand guided machinery.

3.2 Continued exposure can lead to steady deterioration in symptoms. The symptoms of HAVS are progressive and there is no known treatment available. The progression of the condition is accelerated by exposure to vibration in low temperatures. Workers with pre-existing circulatory disorders, i.e., Raynaud's phenomenon and those who smoke are at greater risk of developing the condition. Employers must make special arrangements for workers with pre-existing circulatory disorders. Employers are to make special arrangements with regards to Occupational Reviews.

3.3 HAVS is used to collectively describe a range of associated health conditions linked to regular and prolonged exposure to vibration. HAVS includes the following:

- Circulatory disorders and vascular damage including blanching of the fingers (*Vibration White Finger).*
- Articular effects including joint pain.
- Muscular effects include weakening of the muscles and damage to the bones in the hands and arms of the worker. This also includes loss of grip and reduced dexterity.
- Neurological disorders include numbness and tingling in the fingers.
- Carpal Tunnel Syndrome.

3.4 In addition to the acute and chronic injuries caused to the body of a worker, exposure to vibration can cause significant degradation of the workers performance. This increases the likelihood of human error and consequently places the worker, and those affected by their work, at an increased level of risk. The effects on overall performance may include:

- Difficulty in accurately handling controls.
- Inability to perform works requiring tight gripping of equipment.
- Inability to perform dexterous tasks and intricate work.
- Impaired sleep due to pain leading to fatigue in the workplace.
- Reduced ability to work in cold conditions.

4. WHOLE BODY VIBRATION (WBV)

4.2 Whole body vibration (WBV) is presented by machines, which are operated either by standing or sitting on them, which can present health problems that affect the musculoskeletal system. Whole body vibration is transmitted through the seat or feet of employees who drive mobile machines or other work vehicles e.g., excavators, tractors, sit on lawn mowers, etc. over rough or uneven surfaces as a main part of their job. Everyday road vehicles do not normally present significant risks which affect employees.

4.3 Exposure to WBV can cause great discomfort to those affected and large shocks and jolts may cause health risks including back pain.

5. EXPOSURE LIMIT VALUES AND ACTION VALUES

5.1 The 'exposure action value' refers to the level of daily exposure for any worker which, if reached or exceeded, requires specified action to be taken to reduce the risk. The 'exposure limit value' refers to the level of daily exposure for any worker which must not be exceeded.

5.2 For hand-arm vibration, Regulation 4 of the Control of Vibration at Work Regulations ACOP 2005 (L140) sets these values at:

- **5 m/s2 A(8)** – Exposure Limit Value (ELV) – **400 points on Ready Reckoner**

- **2.5 m/s2 A(8)** – Exposure Action Value (EAV) – **100 points on Ready Reckoner**

For whole body vibration, Regulation 4 of the Control of Vibration at Work Regulations ACOP 2005 (L141) sets these values at:

- **1.15 m/s2 A(8)** – Exposure Limit Value (ELV)
- **0.5 m/s2 A(8)** – Exposure Action Value (EAV)

**Please note that A (8) refers to the total daily exposure averaged over an 8-hour working day.*

5.3 Managers will adhere to the practice of task planning that ensures that their staff will not exceed 400 vibration points per working day.

5.4 Managers and Supervisors can monitor daily usage using the REACTEC system. The system will raise an alert in the event of over daily exposure.

5.5 Employees who exceed the daily limit will discuss the reasons why with their Line Manager. Employees who continue to exceed the daily exposure could be subject to disciplinary action in line with the Councils Disciplinary Procedures.

5.6 Employees who continue to ignore departmental risk assessments relating to HAVS monitoring, or who remove the monitor to avoid exposure recording, could be subject to disciplinary action in line with the Councils Disciplinary Procedures.

5.7 Employees who continue to misuse or lose the HAVS monitor could be subject to disciplinary action, in line with the Councils Disciplinary Procedures and/or be liable to pay to replace equipment.

6. DETERMINING VIBRATION EXPOSURE

6.1 The two main methods for determining vibration exposure and to calculate a worker's personal exposure are:

- **HSE Calculators** – The HSE has provided a HAVS calculator which allows for multiple exposures and exposure durations to be entered and an output figure produced. The spreadsheet automatically generates a vibration value which can then be used to indicate where this lies with regards to the exposure action value and exposure limit value. The link allows you to use this tool to determine personal vibration exposure and is simple and effective. See Appendix E.

- **Ready Reckoner Tool** – The Ready Reckoner uses a point scoring system to calculate a workers daily vibration exposure. A copy can be found in Appendix C below.

www.hse.gov.uk/vibration/hav/calculator-guide.htm

6.2 As a matter of good practice, all equipment should be fully maintained, clearly marked showing the vibration magnitude that each piece of equipment emits, to allow staff to record their personal daily exposures. See Appendix G.

7. ASSESSMENT OF VIBRATION RISK

7.1 The hand-arm vibration the Control of Vibration at Work Regulations ACOP 2005 (L140) and whole-body vibration the Control of Vibration at Work Regulation ACOP (l141)

requires the employer to undertake a formal risk assessment for vibration exposure if exposure to vibration is likely to meet or exceed the ***exposure action value (EAV)***. Where the EAV is likely to be reached or exceeded, the employer must reduce exposure to as low a level as is reasonably practicable by introducing appropriate control measures (*see section 8 below*).

7.2 All TDC Managers will ensure that, where any employee has the potential to be exposed to vibration, a 'suitable and sufficient' assessment is completed prior to work commencing. Risk assessments of all tasks that involve vibration must be undertaken. An example risk assessment template can be found in Appendix A.

7.3 In completing the vibration risk assessment, the Manager should ensure that they follow the five basic steps to risk assessment:

- Identify whether you have a vibration problem to manage in the first instance.
- Identify all workers likely to be exposed to vibration.
- Evaluate the risks arising from vibration - estimate daily exposures and identify further actions to control the risk and comply with the regulations.
- Record your findings.
- Review the assessment and revise it as required (*see point 7.7. below*).

7.4 In conducting the vibration risk assessment, all TDC Managers whose staff are, or could be affected, need to assess daily exposure to vibration by means of:

- Observation of specific working practices. It is necessary to know which tasks expose employees to vibration, which employees are exposed, what equipment they use, what they use it for and the total time they are in contact with the equipment whilst in operation.
- Reference to relevant information on the probable magnitude of the vibration corresponding to the equipment/tools used in the working conditions. Sources of information include vibration emission values declared in the equipment handbook, information from the equipment supplier, internet databases, research organisations, HSE website or measurements made in the workplace.
- Measurement of the vibration magnitude to which their employees are liable to be exposed.

7.5 <u>The vibration risk assessment will only be deemed 'suitable and sufficient' if it identifies:</u>

- Where there may be a risk from HAV.
- A soundly based estimate of your employee's exposures and a comparison with the exposure action value and exposure limit value.
- The available risk controls.
- The identification of individuals who may be more at risk.
- The steps you plan to take to control and monitor those risks.
- A record of the assessment.

7.6 Managers must ensure that any outstanding actions arising from such an assessment will be implemented in a timely manner.

7.7 Managers should review the vibration risk assessment every 12 months as a minimum; however, it should be reviewed more frequently where:

- There is a change in the legislation or HSE guidance hand-arm vibration the Control of Vibration at Works Regulations ACOP (L140) and whole body vibration the Control of Vibration at Work Regulation ACOP (l141).

- There is a change in the work routine.
- There is a change in the equipment.
- There is a change of the operative (*physical capability*).
- An Occupational Health referral identifies symptoms of HAVS or WBV.
- There is doubt that the existing control measures remain effective.
- The risk is high.

8. CONTROL OF EXPOSURE TO VIBRATION – RISK REDUCTION

8.1 TDC MANAGER ACTION - As the employer, we must ensure that the risks from exposure to vibration are either eliminated at source, or where this is not reasonably practicable, reduce it to as low a level as is reasonably practicable. This can be carried out by establishing and implementing a program of organisational and technical measures. These measures should include the consideration of:

8.1.1 TDC Managers/ Supervisors may be required to find alternative work methods which eliminate or reduce exposure to vibration. For example, using vehicle mounted equipment rather than handheld equipment.

8.1.2 TDC Managers/ Supervisors, when purchasing work equipment, must ensure it is of appropriate design which produces the least possible vibration. For example, purchasing lighter weight equipment or battery operated to reduce the strain on workers hands. Only equipment that has had vibration emissions measured either by a competent person or through accessing manufacturers' data will be authorised for use in the respective area.

When selecting tools and equipment, TDC Managers / Supervisors should seek assurance from manufacturers or suppliers that their equipment is suitable for intended use and efficient in terms of vibration emissions.

TDC Managers should arrange for employees to trial different equipment before committing them to purchasing. TDC Managers / Supervisors must not hire equipment where the level of vibration is either not clear or not provided.

PLEASE NOTE: Under the Supply of Machinery (Safety) Regulations 2008, tool and equipment manufacturers and suppliers are obliged to design equipment which will reduce vibration risks to as low a level as possible, making use of the latest technology. A clearly defined 'CE' mark and the provision of relevant health and safety information in an instruction book is a clear indication that the equipment complies with these requirements. All equipment is to be procured on the basis that it fully complies with the Health and Safety at Work Act (1974), the Supply of Machinery (Safety) Regulations (2008) and the Provision and Use of Work Equipment Regulations (1998).

8.1.3 TDC Managers/ Supervisors must ensure that appropriate maintenance programs are in place for work equipment in accordance with manufacturers recommendations. Worn or damaged equipment should either be repaired or replaced accordingly. All equipment failing any inspection or annual maintenance will be removed from service immediately. It is the duty of the employee to report any defects / breaks of any equipment when found. Any concerns must be raised and reported to the employee's line Manager/ Supervisor.

8.1.4 The design and layout of workplaces, workstations, and rest facilities.

8.1.5 TDC Managers/ Supervisors must arrange for information, instruction, and training for employees (*see section 10 below*).

8.1.6 Limiting the duration and magnitude of exposure to vibration. This can be done by introducing job rotation and rest breaks to reduce the exposure time. It is important that these relate to the trigger times that a worker can use a specific tool for. A maximum permitted exposure time should be established for individual items of equipment.

8.1.7 Appropriate work schedules and adequate rest periods.

8.1.8 The provision of PPE/clothing to protect employees from cold and damp conditions i.e., thermal gloves / waterproof. Ensuring that employees can keep warm and dry helps to maintain good blood circulation and reduce the likelihood of vascular symptoms e.g., finger blanching. Employees should be reminded to massage and exercise their fingers during work breaks.

8.1.9 In addition to all the controls outlined above, as a minimum it is expected that you have the following procedures in place:

- Arrange Health Surveillance for employees exposed to vibration (*see section 9*).
- Provision of information, instruction and training to employees exposed to vibration (*see section 10*).
- Recording personal exposures of employees exposed to vibration (*see section 11*).
- Mark equipment/tools with vibration magnitudes and erect notices in the work area.

9. HEALTH SURVEILLANCE

9.1 If the vibration risk assessment indicates that there is a risk to health for employees who are liable to be exposed to vibration, or employees are likely to be exposed to vibration at or above the exposure action value, the Manager must ensure that such employees are placed under suitable health surveillance. This should form part of the risk assessment documentation.

9.2 On any occasion where health surveillance is required, the Manager, Health and Safety, Occupational Health and the HR teams should follow the standardised procedure outlined in the flowchart in Appendix B.

9.3 A simple approach to health surveillance for HAV exposure involves working through a number of tiers:

- **Tier 1** – This involves an initial short questionnaire where the employees reply will indicate whether they need to be referred for a HAVS health assessment.
- **Tier 2** – This involves a short annual questionnaire to check whether employees need to be referred for a HAVS health assessment.
- **Tier 3** – This involves a HAVS health assessment done by a qualified person.
- **Tier 4** – This involves formal diagnosis and is conducted by Innovate Occupational Health (innovateoh.co.uk) The qualified person will advise the employer on the employee's fitness to work.
- **Tier 5** – This is optional and involves referral to a specialist for tests.

9.4 **MANAGER ACTIONS** – Following diagnosis of HAVS-related symptoms; the Manager will ensure that all recommendations outlined in the TDC Occupational Health report are implemented accordingly. Alternative work must be found for the employees to ensure that they do not exceed the vibration points outlined in any Occupational Health report, and where appropriate, the employee may have to be prevented from undertaking any vibration work. Any employee who has been placed on HAVS points restriction by Occupational Health will be reviewed every 6 months by the management team. The Manager must ensure that they write to the employee in question to ensure that they are fully aware of the actions to be taken to prevent further harm to that individual.

9.5 **EMPLOYEE ACTIONS** – Employees must cooperate with any health surveillance program that they are a part of by ensuring that they attend all pre-arranged health surveillance appointments, and Managers must ensure that these are arranged in normal working hours. It is important that employees understand that the aim of health surveillance is to prevent them from developing advanced symptoms or ill-health so that their ability to continue to work is not affected.

10. TRAINING FOR EMPLOYEES

10.1 If the vibration risk assessment indicates that there is a risk to health for employees who are liable to be exposed to vibration, or employees are likely to be exposed to vibration at or above the exposure action value, the Manager must ensure that such employees are provided with 'suitable and sufficient' information, instruction, and training (HASAWA 1974 Section 2(2)(c)). Training can be arranged by contacting the Health and Safety Team directly.

It may be appropriate for the Manager to advise the employee that the vascular form of vibration white finger (VWF) and Carpal Tunnel Syndrome are both prescribed diseases under the Industrial Injuries Disablement Benefit (IIDB) Scheme.

Training

- IHASCO/Skillgate e-learning.
- REACTEC information videos.
- Operator Training – Using the Hardware - https://www.youtube.com/watch?v=Y1Q-Q_4wDqc.
- Operator Toolbox Talk - https://www.youtube-nocookie.com/embed/PRrTfaqw-7U.

10.2 Managers should ensure that their employees fully understand the level of risk they may be exposed to, how it is caused and the possible health effects. The list below is not exhaustive but covers the key points that should be covered in any 'suitable and sufficient' training program:

- Which work equipment and processes cause vibration risks.
- How their personal daily exposures compare with the exposure action values and exposure limit values.
- What symptoms of ill-health they should look out for, who they should report them to and how they should report them.
- Technical and organisational measures in place to protect employees' health.
- The use of PPE where required and an explanation of the need to keep warm.
- Consider what health surveillance will be provided and an explanation of the employees' entitlement to it.

- Employees duties include, following safe working practices, reporting problems, and cooperating with control measures and the health surveillance program.
- The significant findings of the vibration risk assessment.

10.3 Any training delivered in this area should be recorded on your internal systems accordingly so an accurate record is available should it be required (*attendance records required*). The training record should also be uploaded to the employee's personal iTrent training record for future reference.

10.4 Whenever the vibration risk assessment is reviewed or the work practices change in any way, refresher training should be delivered to update employees of these changes. This should be conducted by means of informal training and/or toolbox talks.

10.5 As a matter of good practice, all employees exposed to vibration emissions should be provided with a copy of the 'Vibration Pocket Card' shown in Appendix F, to provide them with the basic information regarding HAVS.

11. RECORDING PERSONAL VIBRATION EXPOSURES

11.1 Recording personal exposures is a key element of the management of vibration as it ensures that employees aren't being exposed to above the exposure action value and ensures that we are meeting all statutory obligations as specified under hand-arm vibration the Control of Vibration at Works Regulations ACOP (L140) and whole body vibration the Control of Vibration at Work Regulation ACOP (l141). Where possible practical ways to reduce the risk of hand-arm vibration injury HSE Guidance HSG 170 offers practical ways to reduce the risk of hand-arm vibration injury HSG 170.

11.2 It is important that employees receive training on how to record personal exposures using both the monitoring diary in Appendix D and the HSE Calculator – www.hse.gov.uk/vibration/hav/calculator-guide.htm.

11.3 All equipment should be clearly labelled showing the vibration magnitude that each piece of equipment emits to allow staff to record their personal daily exposures.

11.4 TDC Managers/ Supervisors must ensure that they frequently monitor employees' weekly exposure that is recorded on the REACTEC system. This can be monitored by accessing the system and reviewing the spreadsheet (*Appendix D*) generated by the information download from the employee vibration wrist monitor once placed back into the mina wall mounted docking station. Any concerns must be raised with the employee and recorded on the REACTEC system.

12. RIDDOR REPORTING

12.1 The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (2013) place a duty on us as an employer to report any cases of HAVS arising from certain work activities or of Carpal Tunnel Syndrome associated with exposure to vibration, to the Health and Safety Executive (HSE).

12.2 Manager action (*if appropriate*) - Managers and Occupational Health must ensure that they inform the Health and Safety Team in a timely manner of any incident that becomes reportable to the HSE under RIDDOR so the appropriate F2508 form can be submitted.

Investigation

Once medical evidence has been submitted by the Employee to their Manager.

- Manager completes a TDC incident report form which is submitted to Health and Safety Team.
- The Health and Safety Team will review the incident report with the Manager. Ascertain if further information is required relating to Employee, Medical Information, training records and REACTEC system, duration of time off from work (*if appropriate*).
- A decision will be made if a full Health and Safety Investigation is required.
- HR will be notified, if required.

For the incident to be RIDDOR reportable, diagnosis must confirm that the employee has either of these conditions and that there is reason to believe that the disease is likely to have an occupational origin.

12.3 The Occupational Health report should clearly state whether the incident of HAVS needs to be reported on this occasion so there is no ambiguity in interpretation. If the Manager of the person concerned is unclear, they must contact the Health and Safety Team for clarification.

13. OTHER CONSIDERATIONS

13.1 When considering the effects of vibration on working staff, it is important to consider the extra susceptibility of the following vulnerable groups as they are more at risk of developing health problems associated with vibration. This may require further Risk Assessment.

- New or expectant mothers.
- Young employees.
- Individuals with pre-existing conditions – i.e., diseases affecting blood circulation e.g., diabetes, or nerve disorders affecting the hands and arms e.g., carpal tunnel syndrome.
- Individuals who have previously been diagnosed with HAVS.
- Individuals who have undergone surgery.

13.2 In circumstances where vulnerable employees (*as listed above*) are required to conduct work activities involving exposure to vibration, additional advice should be sought from both the Health and Safety Team or Occupational Health via HR.

14. SUMMARY OF KEY ACTIONS

14.1 A summary of all the key manager and employee actions for the management of vibration at work can be found in the table below:

MANAGER ACTIONS	EMPLOYEE ACTIONS
• Ensure employees are not exposed to more than 400 points per day. • Ensure that employee vibration recording sheets are returned and recorded monthly. • Ensure all employees referred through Occupational Health do not	• Must follow training, use equipment correctly, and promptly report any signs of vibration-related health issues. • Cooperate with any health surveillance that is arranged.

exceed 100 points per day (*unless specified otherwise*). • Ensure all employees identified with conditions associated with vibration exposure are monitored and written to, ensuring the employee receives a copy of the letter. • Ensure all employees exposed are given the 'Vibration Pocket Card' shown in Appendix F. • Ensure all vibrating equipment is assessed and marked with the vibration magnitude. Equipment to be assessed. • Inform the Health and Safety Team that an incident is reportable under RIDDOR – Process as stated in 12.2 will be followed.	• Return the REACTEC HAVs monitor to the docking station and raise faults or issues with their line Manager/ Supervisor. • Wear any PPE provided, in particular, that are provided to ensure that body and hands are kept warm. • Report any tingling or numbness in the hands and fingers to Line Managers as soon as possible. • Inform management of any defective equipment and ensure it is not used. • Do not exceed 400 vibration points per day. • If placed on restricted points, ensure that these are not exceeded.

14.2 Failure to comply with any of the requirements listed above may result in disciplinary action being taken.

APPENDIX A – Vibration Risk Assessment Template

RISK ASSESSMENT FOR EXPOSURE TO HAND ARM VIBRATION (HAV)

This is a record of findings for the assessment of risk, due to exposure to vibration. It is provided in pursuance of Regulation 5 of the Control of Vibration at Work Regulations (2005). This form can be used where a reasonably reliable estimate of the exposure to vibration can be made. If reliable estimates cannot be made, measurement of the vibration levels is necessary.

Tendring District Council

Health and Safety at Work Act 1974. The risk assessment is to be carried out by a competent person in accordance with The Management of Health and Safety at work act 1999 and the approved code of practice (ACOP). This risk assessment will be written up and be made available to all staff. Ahere to the HSE Control of Vibration at Work Regulation 2005.

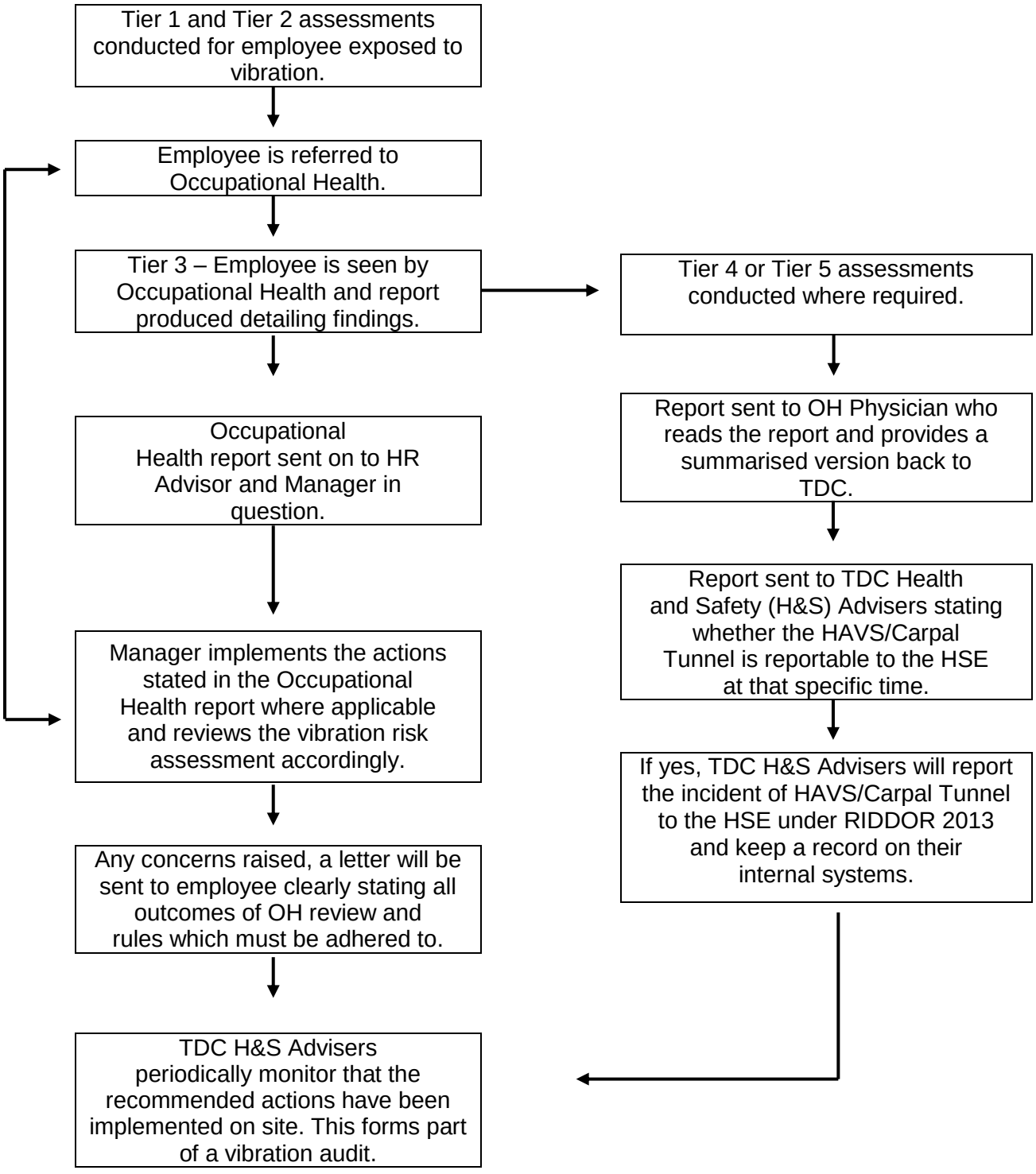
Title (Explain what this RA covers)

Completed By: **Date:**

Risk Rating	Likelihood (A)					Worst case injury (B)					Risk rating = A x B		
	Unlikely 1	2	Probable 3	4	Certain 5	Minor 1	2	Reportable 3	4	Death 5	Low 1 – 6	Medium 7 – 12	High 13 - 25

Hazards Identified	Who might be harmed and how	Controls in place	Residual risk rating	Additional controls required *(and date completed)*

APPENDIX B – Health Surveillance Flowchart for Vibration



APPENDIX C – HSE Ready Reckoner Tool

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		32	64	130	255	366	610	640	770	1000
azi		25	49	98	195	295	390		590	785
5-		18	36	72	145	215	290	360	430	575
8		15	30	61	120	180	240	305	365	486.
4		13	25	50	100		200	250	300	400
		10	20	41	81	120	160	205	245	325
		8	16	32	64	96	130	160	190	255
		6	12	25	49	74	98	125	145	195
		5	9	18	36	54	72	90	110	145
		3	6	13	25	38	50	63	75	100
		2	4	8	16	24	32	40	48	64
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APPENDIX D – Hand-Arm Vibration Monitoring Diary CHANGE FOR REACTEC

https://readecanalyticsplatform.com/2/182/Report/HAVS/OperatorDailyExposure?sort.ExposurePercentagebscendingrFalse&Range.Last30Days&VibrationMeasurementTypeldrl&ParticleMeasurementlypeId=08iNois...

Operator Daily Exposure HOP

Tendring

30 days 31/10/2014 to 29/11/2024 TEP

Tendring District Council

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	11/1112024	*Mon*	Dalton	1007		100	400 M	112	28%	1.7419	Debi	
	17/11/2024	Toe	Dalton	1007		100	400 =	113	26%	1.7494		
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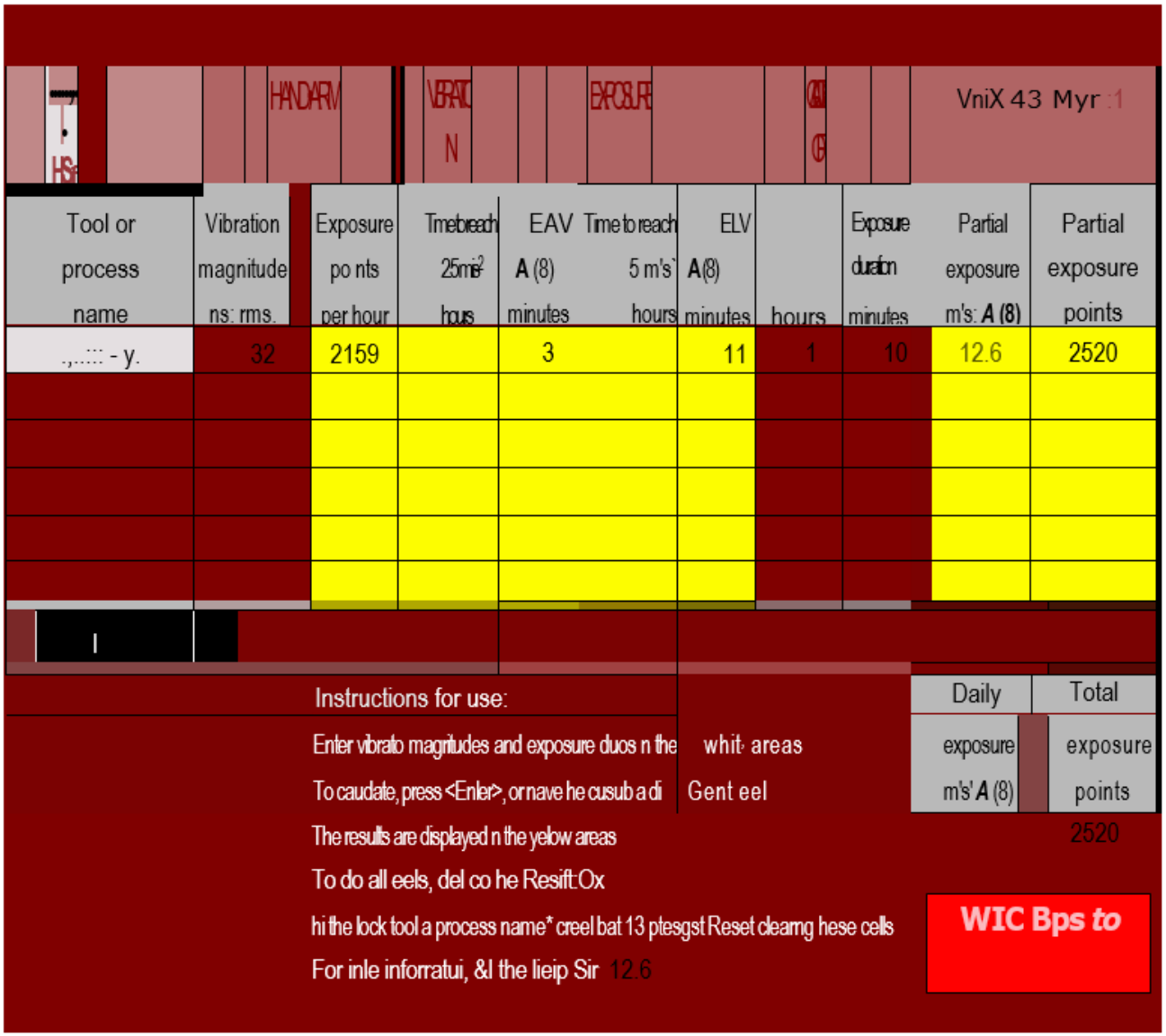
APPENDIX E – Hand-Arm Vibration Exposure Calculator



HANDARM VBRATC N EXPOSURE CAL CE VniX 43 Myr :1

Tool or process name	Vibration magnitude ns: rms.	Exposure po nts per hour	Tmebreach 25mi² hous	EAV A (8) minutes	Time to reach 5 m's` hours	ELV A(8) minutes	hours	Exposure duration minutes	Partial exposure m's: A (8)	Partial exposure points
.,.::: - y.	32	2159		3		11	1	10	12.6	2520

Instructions for use:

Enter vibrato magnitudes and exposure duos n the whit· areas

To caudate, press <Enler>, or nave he cusub a di Gent eel

The results are displayed n the yelow areas

To do all eels, del co he Resift:Ox

hi the lock tool a process name* creel bat 13 ptesgst Reset clearng hese cells

For inle inforratui, &I the lieip Sir 12.6

Daily exposure m's' A (8)	Total exposure points
	2520

WIC Bps *to*

APPENDIX F – Vibration Information Pocket Card (Based on INDG296)

SAFE HANDS

Hand-Arm Vibration: A Guide for Employees

This pocket card is aimed at people who use handheld powered work equipment or workpieces which vibrate while being processed by powered machinery.

Hand-Arm Vibration	HAVS	Carpal Tunnel Syndrome?
Hand-arm vibration is vibration transmitted into your hands and arms when you use this equipment. It can cause hand-arm vibration syndrome (HAVS) and carpal tunnel syndrome (CTS).	HAVS affects the nerves, blood vessels, muscles and joints of the hand, wrist and arm. It can become severely disabling if ignored. HAVS includes vibration white finger, which can cause severe pain in the affected fingers.	Carpal tunnel syndrome is a nerve disorder which may involve pain, tingling, numbness and weakness in parts of the hand and can be caused by, among other things, exposure to vibration.

How can I help reduce the risks?

It is your employer's responsibility to protect you against HAVS and CTS, but you should help by asking your employer if your job could be done in a different way without using vibrating tools and machines. If this cannot happen:

- Ask to use suitable low vibration tools.
- Always use the right tool for each job (to do the job more quickly and expose you to less hand-arm vibration).
- Check tools before using them to make sure they have been properly maintained and repaired to avoid increased vibration caused by faults or general wear.
- Make sure cutting tools are kept sharp so that they remain efficient.
- Reduce the amount of time you use a tool in one go, by doing other jobs in between.
- Avoid gripping or forcing a tool or workpiece more than you have to.
- Store tools so that they do not have very cold handles when next used.
- Encourage good blood circulation by: — keeping warm and dry, e.g., wear warm waterproof clothing; — giving up or cutting down on smoking because smoking reduces blood flow; and — massaging and exercising your fingers during work breaks.
- Report any problems with your hands promptly to your employer or the person who does your health checks.
- Use any control measures your employer has put in place to reduce the risk of HAVS.
- Ask your trade union safety representative or employee representative for advice.
- Never exceed 400 vibration points per working day.

**Information based on the HSE's INDG296 Pocket Card*

Appendix G – Example REATEC tool tag