



## **ARM & HAND VIBRATION COORDINATORS**

### **Aim**

The course will provide candidates from the Estates and Facilities function with the knowledge required to understand the hazards and controls associated with Hand Arm Vibration.

### **Course Duration**

The course will be of half day duration and can be tailored to include client's internal procedures and documentation for inclusion within the presentation.

### **Course Syllabus**

- Relevant legislation
- What is HAVS (causes and symptoms)?
- How vibration is transmitted
- Health effects of vibration on the body – white finger, carpal tunnel, trigger finger
- Employee responsibility
- PPE – effective or not?
- Tool care and its impact on vibration
- Controls to reduce the risk
- Exposure action/limit values  $m/s^2$
- HAVS points system and how to calculate daily dosage

### **Certification**

Delegates will receive an attendance certificate.