

- 3.3.1 Harder materials etc meaning more contact, greater pressure
- 3.3.2 Long periods of work in one work shift
- 3.3.3 Long periods of work over months or years
- 3.3.4 A lower temperature environment
- 3.3.5 Insufficient rest

4. Reducing harmful exposure

Eliminating or minimising exposure involves isolating or cushioning activities that cause repetition (Consultation with Employees staff before “the introduction affect the health and safety tools or equipment.

- 4.1 In order to reduce the will normally be required
 - 4.1.1 Implementing eliminate the consider using
 - 4.1.2 Selecting tools have information found in the
 - 4.1.2.1 i.e. V
 - 4.1.2.2 Vibration
 - 4.1.3 Modifying exposure vibration from
 - 4.1.4 Modifying the so changing drilling to do reduce exposure
 - 4.1.5 Wear gloves made worse. However gloves vibration. The and cuts and as workers a received.
 - 4.1.6 Maintain equipment condition to

h can cause HAVS usually first step is to identify the work 3 of Health and Safety requires that employers consult their workplace which may substantially including the selection of new

combination of control measures should include:

Methods or processes. This should tools. If you have to use a breaker, instead.

tools. All new hand held tools should 'emission levels'. This will be

11.7 m/s²

concrete - 14.1 m/s²

minimise the vibration or prevent the of the tool.

Realistically you have a job to do e simple. If you have a lot of ving several workers do the job to

ould the effects of vibration are very useful to retain heat. upon to provide protection from n from cold temperatures, water, hick gloves is not recommended o can increase vibration being

ensure bearings etc are all in good

5. How much is too much?

These control measures by staff have training on what

ough. You need to ensure that your arm them. They should also be

given advice on good work practice, and importantly, the effects of personal/lifestyle factors (e.g. smoking, alcohol consumption, medications) which may impact on circulation and vibration when using tools.

6. Making the right choice

Similar tools of the same type may have a considerable difference in the vibration they emit. To make an informed choice, you will need to obtain information about the tool as possible. Information about the vibration emissions of a tool provided by the tool manufacturer can be found in the following ways:

Consider the suitability of the tool for the task you will be doing. An underpowered tool may take longer to do the job, increasing the time of exposure, and an overpowered or oversized tool may cause unnecessary vibration.

When considering the vibration emissions of a tool, look for information which relates directly to the task you will be doing. This will provide a better guide to the levels likely to be found in your workplace.

To help you work out the time you can safely use a tool, Simply-Docs have produced a guide which gives you an indication of how long they can work before the exposure limit levels would be exceeded.

In order to use the guide, you need to know the vibration magnitude (in m/s^2) and the exposure time. Exposure time can easily be measured using a stopwatch.

Simply choose the relevant vibration magnitude, select the time the tool is used, and the guide will give you a number between 1 and 5, which corresponds to one of five exposure groups –

Above exposure limit
Likely to exceed exposure limit
Above action limit
Likely to exceed action limit
Below exposure limit

There are two exposure limit levels:

- 1) 100 points per day is the Exposure Action Value – the level at which you are required to take action – the level at which you should consider the health of the person is allowed to be exposed – ELV.
- 2) The second is 400 points per day is the Exposure Limit Value – the level at which you should consider the health of the person is allowed to be exposed – ELV.

Transfer that number to the chart, and use the example risk assessment. You will then

information, and importantly, the effects of personal/lifestyle factors (e.g. smoking, alcohol consumption, medications) which may impact on circulation and vibration when using tools.

Manufacturers may have a table of vibration emissions they emit. To make an informed choice, you will need to obtain information about the vibration emissions of a tool provided by the tool manufacturer can be found in the following ways:

Consider the suitability of the tool for the task you will be doing. An underpowered tool may take longer to do the job, increasing the time of exposure, and an overpowered or oversized tool may cause unnecessary vibration.

When considering the vibration emissions of a tool, look for information which relates directly to the task you will be doing. This will provide a better guide to the levels likely to be found in your workplace.

To help you work out the time you can safely use a tool, Simply-Docs have produced a guide which gives you an indication of how long they can work before the exposure limit levels would be exceeded.

In order to use the guide, you need to know the vibration magnitude (in m/s^2) and the exposure time. Exposure time can easily be measured using a stopwatch.

Simply choose the relevant vibration magnitude, select the time the tool is used, and the guide will give you a number between 1 and 5, which corresponds to one of five exposure groups –

employees on Hand Arm
vibration causing tools.

Daily exposu

When 'trigger time'

SAMPLE