

# TRAINING SOLUTIONS NORTH WEST

## SPECIALIST TRAINING PROVIDER



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## Hand Arm Vibration

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### **Introduction**

HAVS stands for Hand-arm Vibration Syndrome. It is caused by excessive, chronic, vibrating exposure to the hand and arms. Characteristics of HAVS are whitening of the fingers, numbness or lack of feeling and tingling ('pins and needles'), reduced grip strength and a reduction in manual dexterity. It is not always the case that an individual will suffer from all of these symptoms. Some may report tingling and numbness before any occurrences of whitening (blanching) have occurred. It is fair to say, however, that VWF (Vibration White Finger) has received most media attention over recent years.

### **Aims**

By the end of the course all delegates will be able to:  
Understand current general legislation.  
Understand the effects of vibration in the human body.  
Identify vibration hazards.  
Evaluate vibration measurements.  
Identify control measures.

### **Who should attend?**

This course is suitable for persons who are responsible for the management of vibration at work and also persons involved in controlling vibration at work.

### **Course content**

Legislation including Health and Safety at Work Act 1974, Vibration at Work Regulations 2005  
Identification of HAV hazards and assessment of risk  
Vibration exposure control techniques and identification of areas where vibration reduction is required  
Assessing the effectiveness of vibration control measures  
Evaluation of daily vibration exposure  
Use and limitations of personal protective equipment

### **Durations**

Duration	Delegates
1 Day	10

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