



the **key** consultancy limited

In-company Training

Control of Vibration

Aims

This course is designed to provide delegates with the skills and knowledge to be able to identify equipment associated with a risk of injury (HAV and WBV), assess the risk of injury and subsequently adopt controls to ensure that work proceeds in a safe manner.

Objectives

At the end of the training session each delegate should be able to:

- Describe the HAV and WBV injuries likely to be caused by particular types of work equipment
- Explain the hazards and other factors which give rise to the potential for injury
- State the procedural and behavioural controls which are designed to avoid or reduce the risks of injury
- Identify the symptoms of exposure to vibration
- Report any detected symptoms (of self and others) to an appropriate person
- Select the most appropriate equipment for the task with a view to minimise vibration exposure

Programme

Introduction to Vibration

- Basic principles of vibration
- How vibration is measured
- How the body responds to HAV and WBV

Risk Assessment

- Current legal requirements
- Identifying the hazards
- The assessment of vibration risks

Controlling risk

- Precautions to avoid or reduce the risk of exposure
- The importance of health surveillance
- Reporting symptoms