



36.0 Hand Arm Vibration (HAV)

What Is Hand-Arm Vibration?

Hand-arm vibration is vibration transmitted from work processes into workers' hands and arms. It can be caused by operating hand-held power tools, such as road breakers, and hand-guided equipment, such as powered lawnmowers, or by holding materials being processed by machines, such as pedestal grinders.

When Is It Hazardous?

Regular and frequent exposure to hand-arm vibration can lead to permanent health effects. This is most likely when contact with a vibrating tool or work process is a regular part of a person's job. Occasional exposure is unlikely to cause ill health.

The Control of Vibration at Work Regulations require us to:

- Assess the vibration risk to our employees.
- Decide if they are likely to be exposed above the daily exposure action value (EAV).

And if they are:

- Introduce a programme of controls to eliminate risk, or reduce exposure to as low a level as is reasonably practicable.
- Provide health surveillance (regular health checks) to those employees who continue to be regularly exposed above the action value or otherwise continue to be at risk.
- Decide if they are likely to be exposed above the daily exposure limit value (ELV).

And if they are:

- Take immediate action to reduce their exposure below the limit value.
- Provide information and training to employees on health risks and the actions you are taking to control those risks.
- Consult safety representative or employee representative on proposals to control risk and to provide health surveillance.
- Keep a record of our risk assessment and control actions.
- Keep health records for employees under health surveillance.
- Review and update your risk assessment regularly.

The company shall ensure that HAV impact is kept to the lowest level reasonably practicable.