

Vibration from work with powered hand-held tools, equipment or processes can damage the hands and arms of users causing 'hand-arm vibration syndrome'. This is a painful, irreversible condition which includes vibration white finger and the effects can include impaired blood circulation, damage to the nerves and muscles, and loss of ability to grip properly. Vibration from a vehicle or machine passing through the seat into the driver's body through the buttocks can also cause back damage – this is known as Whole Body Vibration. Whole Body Vibration can also be caused by standing on the platform of a vehicle or machine where vibration passes through the operator's feet.

It is a requirement of the regulations that employers must protect employees and individuals who may be affected by vibration at work. This will either be due to damage by exposure to either the whole body or hand/arm vibration work.

Key features of The Control of Vibration at Work Regulations 2005

- Exposure action value - the level of daily exposure for any worker which if reached or exceeded requires specified action to be taken to reduce the risk. For hand arm vibration this is 5 m/s² A(8). For whole body vibration this is 1.15 m/s² A (8).
- Exposure limit value - the level of daily exposure for any worker must not be exceeded, (except where other levels are defined). For hand-arm vibration this is 2.5 m/s² A (8). For whole body vibration this is 0.5 m/s² A (8).
- Employers are required to undertake a risk assessment
- Employers are required to eliminate or reduce exposure to vibration ensuring it is as low as possible
- Allow weekly averaging of exposure to vibration in specified circumstances
- Implement health surveillance
- Provide adequate information, instruction and training

Solutions available from BuckHickman InOne

- Power tools (2007/8 catalogue pages 524 - 640)
- Gloves (2007/8 catalogue pages 1749 - 1750)
- Antivibration Hammers (2007/8 catalogue page 55)

For more information on The Control of Vibration at Work Regulations 2005 visit:
www.hse.gov.uk/vibration/hav/regulations.htm