



## Hand Arm Vibrations (HAVS)

### **The aim of the course is to:**

Provide you with the knowledge of when using hand-arm vibrating tools can become hazardous to health and how to put appropriate measures in place to protect health to the operator of the machinery or tools.

This course also raises awareness on the early symptoms of HAVS and CTS are and the long-term effects these painful syndromes can have.

### **Learning Objectives:**

On completion of the course, you should be able to:

- Define Hand-Arm Vibration (HAV)
- State when and how Hand-Arm Vibration may occur
- Recognise the signs and symptoms of HAVS and CTS
- State the legal requirements in relation to Hand-Arm Vibration
- Understand what types of work and/or tools may pose a risk
- Take appropriate action to protect yourself from Hand-Arm Vibration
- Take appropriate action to control and reduce the risks

### **Who Should attend?**

This course should be taken by anyone that uses vibrating equipment or tools during work activities:

- Construction Workers
- Demolition Workers
- Engineers
- Landscapers/ Tree Surgeons
- Public Utility Sector
- Mechanics/ Automotive Industry

### **Course summary:**

- What is HAVS
- Regulations
- Sources of vibration
- Symptoms of HAVS
- Who is at risk
- Prevention and Control measures
- Health surveillance
- Measurement of Vibration

**Course Duration:** ½ Day

**Certification:** Inhouse STS Certification