



HAND - ARM VIBRATION AWARENESS

Duration: 30 minutes

Questions: 20

Price Band: A

Course Outline:

You will learn about your employer's legal obligations to reduce risk and the measures that you can take to control your exposure to hand-arm vibration.

Learning Objectives:

- LO1: Define hand-arm vibration
- LO2: Outline the symptoms and effects of Hand-Arm Vibration Syndrome (HAVS) and carpal tunnel syndrome
- LO3: Identify the legal duties of employers and manufacturers to control vibration
- LO4: Recall vibration exposure values
- LO5: Explain how the risks associated with vibration are assessed and controlled
- LO6: Outline the measures you can take to protect yourself from harmful vibration

