

Review date April 2017

Hand-Arm Vibration

Guidance



Coventry City Council

www.coventry.gov.uk

Introduction

This guidance note details how Coventry City Council manages hand-arm vibration. It is recognised that regular and frequent exposure to high levels of vibration caused by working with hand-held power tools and machinery, etc. can cause a range of ill health effects.

Significant risks

- Hand-Arm Vibration Syndrome (HAVS)
- Carpal Tunnel Syndrome
- Vibration White Finger (VWF)

Management responsibility:

- Follow the 'low-vibration' purchasing policy for new and spot hired equipment
- Ensure that a suitable and sufficient risk assessment has been undertaken for activities where there is a potential for exposure to high-levels of vibration
- Reduce the risks from vibration to the lowest level reasonably practicable and to reduce exposure to as low as is reasonably practicable if it is above the Exposure Action Value (EAV). You must not allow exposures to exceed the Exposure Limit Value (ELV):
 - A daily EAV of $2.5 \text{ m/s}^2 \text{ A}(8)$ that represents a clear risk requiring management;
 - A daily ELV of $5 \text{ m/s}^2 \text{ A}(8)$ that represents a high risk above which employees should not be exposed.

These measures are both based on a combination of the vibration at the grip point(s) on the equipment or work-piece and the time spent gripping it.

- Ensure that safe systems of work and controls are being applied
- Ensure all employee at risk are provided with information, instruction and training (this may be as part of training for specific pieces of plant or equipment)
- Ensure all equipment is well maintained and regular maintenance programmes are initiated and followed
- Report any suspected HAVS condition to the Occupational Health Unit
- Provide health surveillance for employees who are likely to be exposed to regular and frequent exposure to high levels of vibration

Employee responsibilities:

- Report all health and safety concerns to an appropriate person
- Follow any instruction, information and training received to reduce the exposure
- Notify their line manager if they experience problems with their hands, arms or body
- Notify their line manager/supervisor of any problems using equipment that is creating a vibration problem
- Notify their line manager/supervisor of any problems with the controls that have been implemented
- Where required, complete the annual HAVS assessment questionnaire and return it to your line manager
- Attend health surveillance as required

Training

Training Management of Hand Arm Vibration (via H&S Services)

Legislation Control of Vibration at Work Regulations 2005

Related Guidance

Risk assessment [Click here](#)

Occupational health: health surveillance [Click here](#)

Council forms

Quantitative risk assessment template [Click here](#)

HSE guidance

Hand-arm vibration homepage [Click here](#)

INDG175 - Hand-arm vibration at work - a brief guide [Click here](#)

INDG296 - Hand-arm vibration - advice for employees [Click here](#)

L40 - Hand-arm vibration - The Control of Vibration at Work Regulations 2005 -

Guidance on regulations [Click here](#)

Contacts

For further information contact:

Occupational Health, Safety and Wellbeing services

024 7683 3172 or e-mail healthandsafetyadmin@coventry.gov.uk

If you need this information in another language or format please contact Occupational Health on 024 7683 3285