

US



# Hand-Arm Vibration Safety Policy

April 2013

| Reference | Title                        | Created    | Owner                                                 | Review     |
|-----------|------------------------------|------------|-------------------------------------------------------|------------|
| HSWO-     | Hand-Arm<br>vibration Policy | 01.04.2013 | Health, Safety<br>and Wellbeing<br>Office<br>HSWO/JFC | 01.04.2013 |

**University of Sussex**

**Hand-Arm Vibration Policy**

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- 4.5.1 Report any suspect equipment or symptoms to their line manager so that

5.2.5 To allow different exposure patterns to be compared they are adjusted or normalised to a standard reference period of 8 hours, similar to the approach taken for noise levels. The Control of Vibration at Work Regulations 2005 describe how an exposure normalised to 8 hours,  $A(8)$ , can be calculated. The table below gives the average vibration levels over a working day and the times to reach the exposure levels.

|                                         |     |     |   |   |    |    |    |
|-----------------------------------------|-----|-----|---|---|----|----|----|
| Vibration Magnitude (m/s <sup>2</sup> ) | 2.5 | 3.5 | 5 | 7 | 10 | 14 | 20 |
|-----------------------------------------|-----|-----|---|---|----|----|----|

5.2.7 However, the diversity of work that an individual may be involved in can cause difficulty in accurately assessing exposure because a number of different tools are being used in any one day for variable lengths of time. It should be possible to estimate a cumulative exposure by summing up the typical exposure pattern from the range of equipment used.



the University's Health, Safety and Wellbeing Office who will then inform the Health, Safety & Environment Committee.

The HSE publish a leaflet on HAVS which is a good general information source for employees.  
Reference IND(G) (rev1) 126L Health risks from hand-arm vibration for employees and the self-employed (HSE 2002) <http://www.hse.gov.uk/pubns/indg296.htm>

Management of Health and Safety at Work Regulations 1999

The Control of Vibration at Work Regulations 2005

Hand-arm vibration at work: A brief guide <http://www.hse.gov.uk/pubns/indg175.htm>