

US



Hand-Arm Vibration Safety Policy

April 2013

Reference	Title	Created	Owner	Review
HSWO-	Hand-Arm vibration Policy	01.04.2013	Health, Safety and Wellbeing Office 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 ²)	2.5	3.5	5	7	10	14	20
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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>