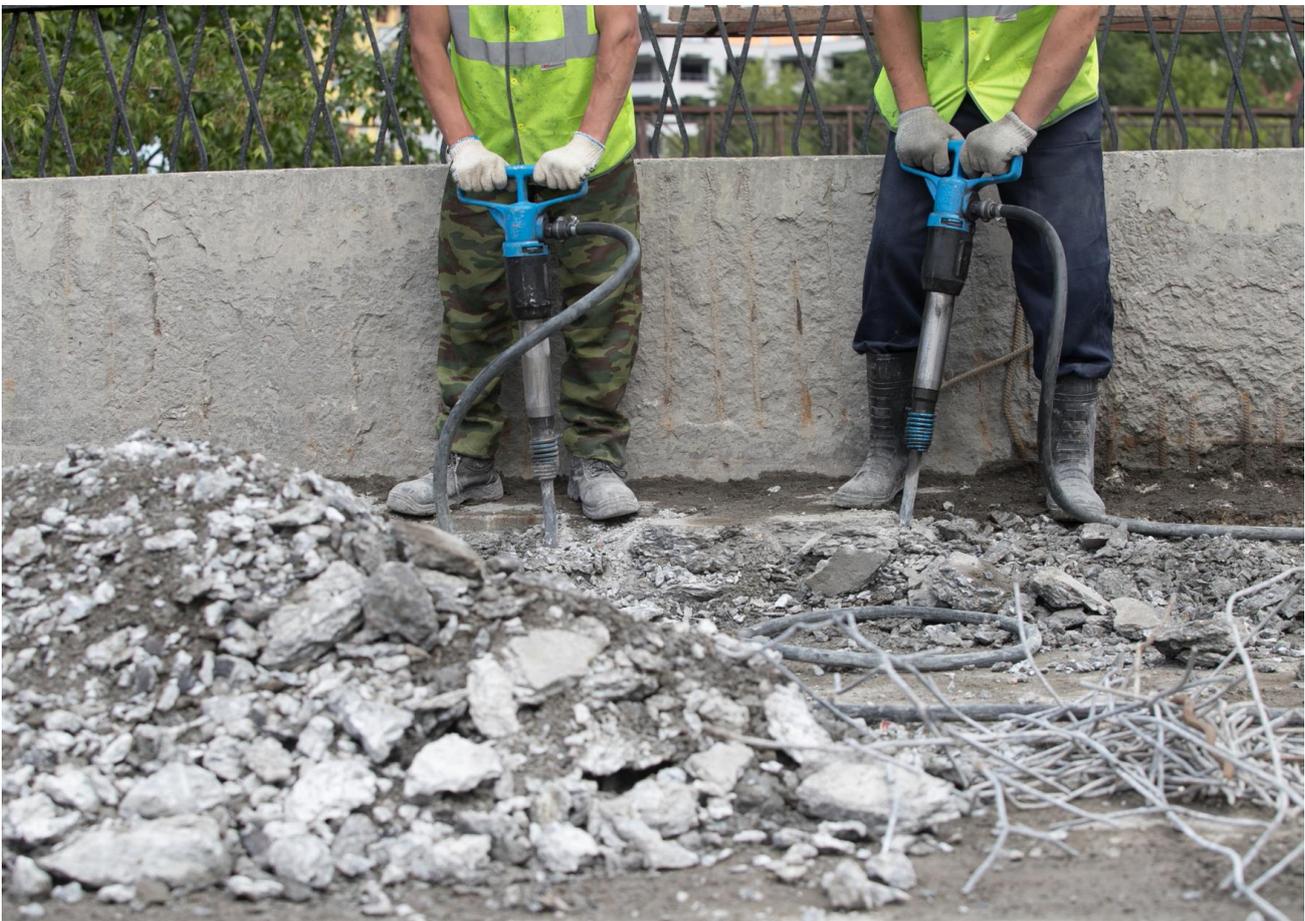




# Hand Arm Vibration Awareness

This HAVS (Hand-Arm Vibration Syndrome) training course considers the use of vibrating tools and equipment used in the workplace and how these can cause long-term damage to health if they're not effectively managed.

HAVS is a debilitating health condition that is commonly caused by the use of hand-held electrical tools, such as chainsaws, grinding equipment and high torque wrenches, or from holding components that are being worked on by machines. This course explains more about the health hazards associated with vibration exposure, outlines how to carry out an appropriate risk assessment and details the control measures that can be used to reduce the risks.



## COURSE CONTENTS

The course covers the following three elements:

- Introduction to HAVS
- Risk Assessment
- Reducing and Controlling Risks

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# WHAT RESULTS CAN I EXPECT?

By the end of the course, learners will:

- Understand the risks posed by excessive levels of vibration and the effects high levels of vibration exposure can have on a person's health.
- Know the main duties placed on both employers and employees under The Control of Vibration at Work Regulations 2005, as well as other key legal duties.
- Understand how to carry out a vibration risk assessment.
- Know how vibration levels are measured in the workplace and understand how to avoid, substitute, control and reduce exposure to excessive vibration levels.
- Understand when personal protective equipment (PPE) should be worn, how to use it correctly and how to properly maintain and store it.
- Know when health surveillance will be needed and who may need it.



# WHO SHOULD TAKE THIS COURSE?

This HAVS training course is suitable for anyone who has responsibility for managing the risks of vibration in the workplace, as well as anyone who uses vibrating equipment or tools, or holds components being worked on by machinery, as part of their job role.

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