



COURSE SYLLABUS

**Hand-Arm Vibration Syndrome (HAVS)
Safety Awareness**

Suitable For:

All personnel who are required to operate hand-held vibrating machinery (such as pneumatic drills, sanders, grinders, powered lawn mowers, strimmers and chainsaws) as part of their work activities.

Course Aim:

This course aims to provide candidates with knowledge and understanding of the hazards and health problems associated with Hand-Arm Vibration Syndrome (HAVS) and Whole Body Vibration Syndrome and the precautions to be taken during the operation of vibrating equipment

Course Content will include:

- The Law – Regulations & Legislation (including: The Health and Safety at Work Act 1974, The Provision and Use of Work Equipment Regulations 1998, The Control of Vibration at Work Regulations 2005 & The Management of Health and Safety at Work Regulations 1999)
- Hand-Arm Vibration Syndrome (HAVS), Vibration White Finger & Carpal Tunnel Syndrome
- Whole Body Vibration Syndrome
- Understanding and preventing the effects of vibration
- Risk Assessments & Health Surveillance
- Elimination and Control Measures
- Correct Use & Handling of Equipment
- Personal Protective Equipment (PPE)

The course is comprised of classroom-based theory training / exercises.

Course Objectives:

On successful completion of this course, candidates will be able to:

- Interpret current legislation
- Understand the health effects & the causes of with Hand Arm Vibration Syndrome (HAVS) and Whole Body Vibration Syndrome (including the implications of over exposure)
- Identify the precautions needed to overcome the hazards and prevent exposure, allowing them to operate vibrating machinery safely with minimum risk of injury through vibration

Venue: Either on-site at clients' premises or at ITS Training Centre

Duration: Half Day

Candidates: Up to 10 per course

Certification: ITS Certification