

LBSRDL021

## Hand - Arm Vibration Awareness

---

**Duration** 30 Minutes

---

**Target group** Oil & Gas Industry

---

**Prerequisites** No prerequisites are required to sit this course.

---

**Objective**

- LO1: Define hand-arm vibration
- LO2: Outline the symptoms and effects of Hand-Arm Vibration Syndrome (HAVS) and carpal tunnel syndrome
- LO3: Identify the legal duties of employers and manufacturers to control vibration
- LO4: Recall vibration exposure values
- LO5: Explain how the risks associated with vibration are assessed and controlled
- LO6: Outline the measures you can take to protect yourself from harmful vibration

---

**Contents**

The course is available in the following languages: English; Brazilian Portuguese; Spanish; Norwegian  
You will learn about your employer's legal obligations to reduce risk and the measures that you can take to control your exposure to hand-arm vibration.

---

**Exam** This course is CPD approved. The assessment is taken during the course and is within the expected duration.