RelyOn Nutec
360° Safety

OBSRDL031

Whole Body and Hand-Arm Vibration

Duration	50 Minutes
Target group	Oil and Gas Industry
Prerequisites	No prerequisites are required to sit this course.
Objective	(WBV) LO1: Define whole body vibration, including shock LO2: Describe employer and employee responsibilities in relation to whole body vibration LO3: Explain where and when you might encounter whole body vibration LO4: Explain how whole body vibration can affect a person LO5: Identify who might be more sensitive to WBV (high-risk groups) LO6: Explain how vibration can be measured in workplace environments • The daily exposure limit value • The daily exposure action value LO7: Explain how the effects of WBV can be avoided or controlled • Explain how employers limit the effects of WBV • Explain how you can avoid the effects of whole body vibration (HAV) 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. This course is a combination of Whole Body (WBV) and Hand-Arm (HAV) vibration Awareness. The aim of the Whole Body Vibration section of the course is to provide you with a basic knowledge of whole body vibration in the workplace, and the associated responsibilities of both you and your employer. You will learn about where and when you might encounter whole body vibration, how to identify those who might be more sensitive to vibration and how the effects of whole body vibration can be avoided, or controlled. You will also 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. The aim of this section in the course is to provide you with a basic knowledge of whole body vibration in the workplace, and the associated responsibilities of both you and your employer. You will learn about where and when you might encounter whole body vibration, how to identify those who might be more sensitive to vibration and how the effects of whole body vibration can be avoided, or controlled.

Exam	The assessment is taken during the course and is within the expected duration.