

LBSRDL021

## Hand - Arm Vibration Awareness

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<b>Duration</b>	30 Minutes
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<b>Target group</b>	Oil & Gas Industry
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<b>Prerequisites</b>	No prerequisites are required to sit this course.
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<b>Objective</b>	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
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<b>Contents</b>	The course is available in the following languages: English; Brazilian Portuguese; Spanish; Norwegian; Turkish. 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.
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<b>Exam</b>	The assessment is taken during the course and is within the expected duration.
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