

OBSRDL031

## Whole Body and Hand-Arm Vibration

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**Duration** 50 Minutes

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**Target group** Oil and Gas Industry

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

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**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

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**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.

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**Exam**

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