RelyOn Nutec
360° Safety

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