RelyOn Nutec
360° Safety

OBSRDL029

Whole Body Vibration

Duration	20 Minutes
Target group	Oil and Gas Industry
Prerequisites	No prerequisites are required to sit this course.
Objective	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
Contents	The course is available in the following languages: English; Brazilian Portuguese; Turkish The aim of this 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.