

| | |
|----------------------|--|
| Course code | LBSRDL021 |
| Course name | 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. 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. |