

## Hand - Arm Vibration Awareness

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**Duration** 30 Minutes

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**Target group** Oil & Gas Industry

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

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**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

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**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.

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**Exam**

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