
The Control of Vibration at Work Regulations 2005: an HSE inspector's view

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A common question:

- How long may I use this tool for in a day?
- The correct answer:
- For the shortest time that is reasonably practicable!

The Vibration Regulations: duties of employers



- Assess risks to health (and safety)
- Eliminate *risk* at source, or reduce as low as is reasonably practicable (ALARP)
- Provide information and training on vibration risks and control measures



If the exposure action value (EAV) is *likely* to be exceeded:



- Introduce a programme of measures to reduce exposure ALARP; and



- Introduce health surveillance



**If the exposure limit value (ELV)
is exceeded:**



- Immediate preventative action

Daily exposure: a myth

- A common myth:
 - *The Control of Vibration at Work Regulations require the monitoring and recording of daily exposures*
- The reality:
 - The Regulations require assessment of likely exposure for comparison with the action and limit values; and
 - **Action!**

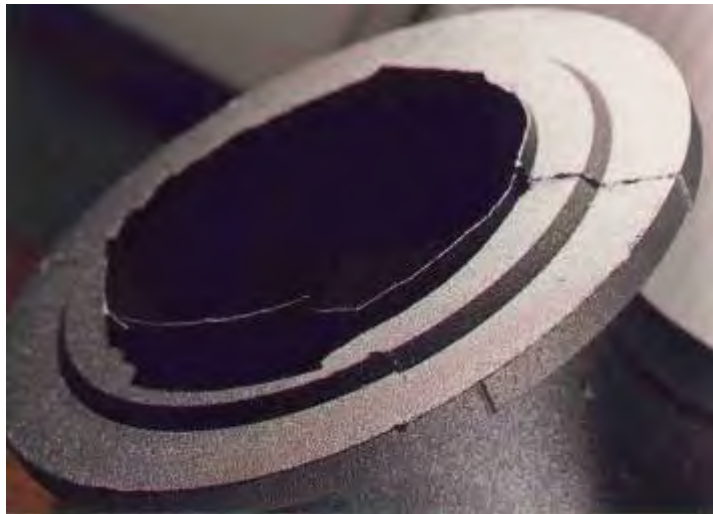
Control of exposure

- Change the process:
 - eliminate or reduce the need for vibration exposure
 - often essential where exposures are very high
- Manage the residual risk:
 - Suitable equipment for the task
 - Operator training
 - Maintenance of equipment
 - Time limits, job rotation
 - etc.

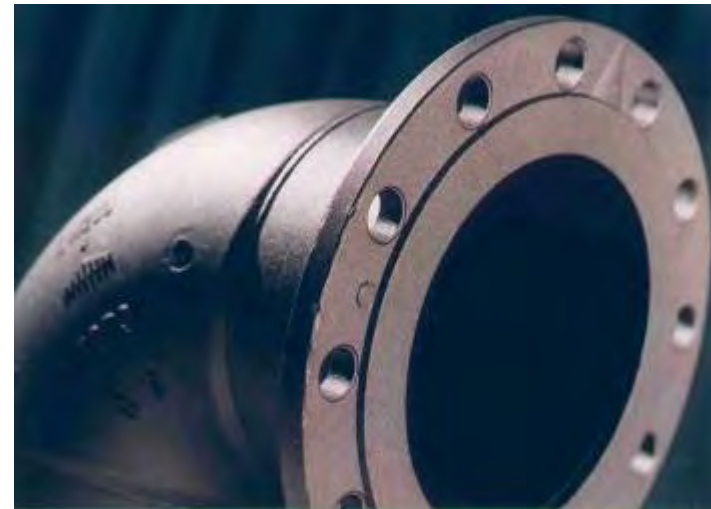


Case study: changing the process

Fettling eliminated by improved casting quality



Green sand casting



Lost foam casting

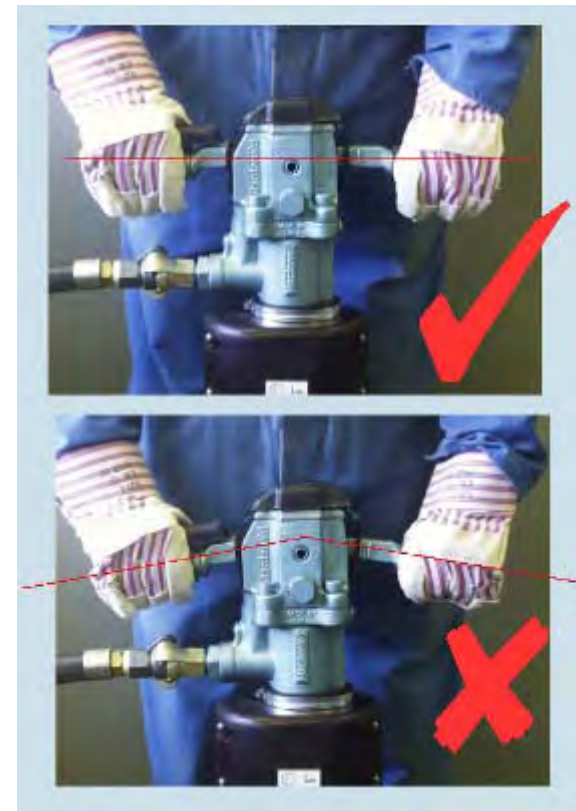
Selecting work equipment

- Choose a suitable tool for the job
 - safety, quality, efficiency, ergonomics
- Select reduced-vibration tools if suitable
- Manufacturer's information:
 - Declared emission generally useful for tool comparison
 - realistic for exposure assessment?
 - Which standard or test condition?
 - Ask about likely vibration for your intended use
 - Ask for advice on vibration risk control

Operator training: an example



- Vibration-reduced tools can require careful operation for low vibration
- Example: manufacturer's instructions for using a breaker
 - Keep the point sharp
 - Break a little at a time, don't get jammed
 - **Don't force suspended handles**
 - Stop breaker before pulling out
- Failure to follow instructions could double the vibration exposure



Health surveillance

- Required when the EAV is likely to be exceeded
- Cost-effective ‘tiered’ system
- Vital for HAVS because exposure ALARP may not be ‘safe’:
 - and there is no effective PPE



Compliance: what does it look like?



- Follow good practice for the industry:
 - alternative methods - eliminate or minimise use of vibrating equipment
- Manage the residual risk –
 - **exposure is ALARP (and below ELV)**
 - suitable work equipment
 - maintenance and correct operation
 - information, instruction, training
 - etc.
- Health surveillance for employees exposed above the EAV
 - **Employer acts on results and prevents disability**

HSE's guidance on HAV



- Guidance book (L140):
Hand-arm vibration: Control of Vibration at Work Regulations 2005. Guidance on Regulations
- Employers' leaflet
- Employees' pocket card
- Video: "Hard to Handle"
- Sector-specific information sheets
- Good practice solutions on web

The screenshot shows the HSE website's 'Hand arm vibration (HAV) control campaign 2006-2007' page. The page has a green header with the HSE logo and navigation links. A search bar is located in the top right. The main content area is divided into a left sidebar with a navigation menu and a main content area. The navigation menu includes links for 'Vibration home', 'Hand arm vibration home', 'About this site', 'Key messages', 'Worried about your hands?', 'Advice for employers', 'Good practice solutions', 'Foundries', 'Heavy steel fabrication', 'Construction', 'Regulations', 'Further information', 'Vibration calculators', 'Ready reckoner', 'News and events', 'Working with us', and 'Feedback'. The main content area features a heading 'Hand arm vibration (HAV) control campaign 2006-2007' and a paragraph of text. Below the text are three images with captions: 'Foundries', 'Heavy steel fabrication (including shipyards)', and 'Construction'. A section titled 'Each industry page includes:' lists three bullet points: 'Information on alternative processes that experience these are reasonably practicable', 'Information on management of HAV risks', and 'Links to further information & case studies'. Below this is a link 'If you have additional examples of good practice, please contact us here.' At the bottom of the page are two images: a smaller one showing a worker's hand on a vibrating tool and a larger one showing a worker's hand on a vibrating tool with sparks flying.

Thank you for listening



www.hse.gov.uk/vibration/hav