

Hand-Arm Vibration — Training Delivery Pack

Deliver in house. About an hour. No external trainer needed.

This is the session content. Work through it, then test with HAV-05 and assess practically with HAV-06.

1. What it does (10 min)

- Permanent nerve and circulatory damage. It does not improve.
- Loss of grip and dexterity. People lose their trade over it.
- It builds up over months and years, not in one day.

2. The numbers (15 min)

- Action value 2.5 m/s² A(8), which is 100 points. Limit value 5, which is 400 points.
- A breaker can reach the action value in about five minutes of trigger time.
- Trigger time is the time the tool is actually running in your hand, not the shift length.
- Work through a real calculation for a job we actually do.

3. Reducing it (15 min)

- Can we avoid the tool altogether? Different method, mechanise, hire something better.
- Sharp, serviced tools vibrate far less than blunt ones.
- Grip lightly. Let the tool work.
- Rotate the job. Plan it before the shift, not after.

4. Symptoms and surveillance (10 min)

- Tingling, numbness, whiteness in the fingers, often at night or in the cold.
- Report the same day. Early we can change your job. Late we cannot fix your hands.
- Nobody is penalised for reporting. Health surveillance is how we catch it.

Trainer	Date	Duration	Location

Scope and limitations — read before use

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