

Hand Arm Vibration

Vibration at work is the cause of significant ill-health, with painful and disabling disorders of the blood vessels, nerves and joints

As well as Hand Arm Vibration Syndrome (HAVS) the course also describes two other conditions covered by the UK Injuries Disablement Benefits scheme: vibration-related Carpal Tunnel Syndrome (CTS) and Dupuytren's contracture.

This course describes the symptoms and causes of hand arm vibration conditions and provides advice on how to reduce exposure. Case studies

are used to show how failing to manage vibration can lead to short-term and long-term health conditions and to motivate learners to take action to protect their health.

If employees are asked to keep logs of how long they use each tool for during a shift this course will help to explain how doing this could be of benefit to them.

The final lesson of the course provides information on what staff might expect from health surveillance. Continuing with the case studies introduced in lesson 2, this lesson provides reassurance about the purpose and benefits of participating actively in health surveillance. engage learners.

Course Objectives/Details

- Describes the impact of vibration injuries and how vibration injuries are caused
- Provides information on how to protect against vibration injuries
- Provides examples of health surveillance that might be provided



On successful completion of the test users can download and print a certificate



The course lasts approximately **45 minutes**



Provides examples of health surveillance that might be provided

