

COURSE OVERVIEW

# Hand and Arm Vibration Syndrome

TIMHS-105



**01892 535 550**

[www.timelyintervention.co.uk](http://www.timelyintervention.co.uk)

[til@timelyintervention.co.uk](mailto:til@timelyintervention.co.uk)

Hand-Arm Vibration Syndrome (HAVS) is a serious condition that affects the nerves, blood vessels, muscles, and joints of the hand, wrist, and arm. If left unmanaged, it can lead to long-term disability.

This course provides essential training on how to prevent excessive vibration exposure, recognise early symptoms of HAVS, and implement safe systems of work when using high-vibration tools and equipment.

## **Module 1: Overview**

This course provides a foundational understanding of Hand-Arm Vibration Syndrome and the laws that govern it.

- Definitions and medical conditions
- Carpal Tunnel Syndrome
- Signs and Symptoms
- Workplace Regulations
- The Law
- Exposure levels
- Effects of vibration

## **Module 2: Hazardous Substances**

Understanding the risk factors of Hand-Arm Vibration Syndrome (HAVS) is key to protecting health in vibration-intensive environments.

- Recognising someone at risk
- Potential risk factors
- How long does it take HAVS to develop
- Preventative PPE
- Employee awareness
- Vibration Control considerations
- Isolation considerations

**Suitable for:**

Users of equipment and hand-held power tools that are subject to vibration, and the people who manage and supervise these users.

**Skills achieved:**

- Health and Safety (Basic)
- HAV (Basic)

**Related Resources:**

- Accident Management System Assessment
- Safety Signs Assessment
- Personal Protective Equipment Assessment
- Accident Management System Audit
- Risk Management Audit
- HAVS Toolbox Talk – Template PowerPoint

**Benefits:**

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

**Estimated Time:**

35 Minutes

**Related Courses:**

- Essentials of Protecting Employees
- Personal Protective Equipment
- Accidents and Reporting
- First Aid Awareness