

COURSE OVERVIEW

Hand and Arm Vibration Syndrome

TIMHS-105



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This course provides workers with the knowledge and confidence to protect their hands from vibration-related damage. Learners will understand what HAV is, how exposure accumulates, and the real-world risks of HAVS and carpal tunnel.

The course covers exposure limits, risk factors, safe working practices, and monitoring and controlling daily vibration points. It also explains the legal duties of employers and employees, the importance of reporting symptoms early, and how health surveillance identifies problems before they become permanent.

Module 1: Introduction to HAVS

Hand–arm vibration (HAV) is the vibration that travels from a tool into your hands and arms when you use equipment like grinders, breakers, drills, strimmers, or chainsaws.

- Identify when HAV exposure occurs
- Recognise early symptoms of HAVS and CTS
- The laws that govern HAVS
- Employer and Employee Legal Duties

Module 2: Risks and Controls

This module brings together the key content on vibration risks, symptoms, legal limits, and practical controls, equipping you to protect your hands, your health, and your ability to work safely.

- Risk Factors
- Control Measures
- Monitoring Exposure
- Safe Working Practices
- Health Surveillance

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:

25 Minutes

Related Courses:

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