

The Integrated Approach to
Occupational Health and Occupational Hygiene

VIBRATION EXPOSURE MONITORING
HAVS Risk Assessment and Surveillance



Exposure to vibration from using hand-held power tools, hand guided equipment or holding materials worked on by hand-fed machines, can cause hand-arm vibration syndrome (HAVS) or carpal tunnel syndrome (CTS).

Peritus Health Management undertakes a 'whole hazard' approach to managing HAVS and CTS risk, by not only measuring vibration levels using HSE recommended sampling methods, but considering trigger time, workstation design and upper limb positioning, and manual effort required for the tasks.

Working with your data, employee feedback and photographic evidence, Peritus Health Management provides bespoke tool box talks focused on your employees in your working environment.

Peritus Health Management's occupational health and hygiene specialists provide the science behind minimising the risk of ill health due to workplace exposure.

Your Vibration Exposure Monitoring report advises you if you have a problem, the extent of the problem, suggests control measures, and confirms whether health surveillance is required.

Peritus Health Management doesn't just leave you with your results but works with you creating an action plan to help reduce your exposure levels and risks.

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What to expect:

An initial consultation

- Our Vibration Specialist will contact you to discuss your needs, understand your processes and ensure that all the processes and tools are identified ready for monitoring – we provide you with a spreadsheet for completion which can form a part of your ongoing maintenance and monitoring programme.
- Develop a programme for monitoring prior to the monitoring session.

Vibration Risk Assessment

- You are not automatically expected to make vibration measurements; however they are useful to adequately assess exposure and establish whether the exposure action or limit value is likely to be exceeded, especially when information from the manufacturer does not apply to your purpose.
- Peritus Health Management measures the vibration magnitude of the surface of the tool in contact using a triaxial accelerometer, with the hand over a duration long enough to allow a representative average value to be obtained.
- Employees' trigger times and vibration magnitudes are reviewed to calculate exposure levels.
- Employees' finger, hand, wrist and arm positions are also reviewed to formulate the whole picture of health risk associated with the activities.
- Primary advice on tool choice and control measures is provided and good practice shared with you from related industries.

Report

- Vibration readings are downloaded and analysed using specialist software.
- A report is provided and includes the vibration readings, observations, recommendations and your action plan.
- Our Vibration Specialist will contact you to discuss the contents of the report to ensure that you understand the contents, are satisfied with the outcome and know 'what's next'.

Health Surveillance

- Peritus Health Management provides Faculty of Occupational Medicine trained competent clinicians to implement a comprehensive health surveillance programme linked to the report findings if required.