

## Vibration in the workplace training workshop

### Overview

It is not uncommon for many organisations to encounter situations where work includes using various plant and equipment that naturally vibrates as part of how it normally operates

This course is aimed at providing a straight forward overview of Regulations associated with vibrations in the workplace (hand-arm vibration and whole body vibration, how to carry out effective vibration assessments and implement effective management control measures to minimize the effect of exposure to vibration.

### Course duration

The training workshop is of half a day duration (3.5 hours).

Depending on client preferences, the course will start at either 09.30am (09.00 registration) or 1.30pm (1.00pm registration) and finish at 1.00pm or 5.00 pm respectively.

### What will the training workshop cover?

The training workshop will cover the following key attributes and control measures:

- The Control of Vibration at Work Regulations –an overview of the Regulations and how to apply them
- The control of vibration in relation to work activities – what does this actually mean?
- The difference between hand/arm vibration and whole body vibration
- Risk assessment process in association with work activities where vibration is a natural part of the process
- Information and mandatory safety signage
- PPE requirements in association with work associate with either hand/arm or whole body vibration

### Certification

All candidates will be required to complete a simple, straightforward written examination to verify that they have fully understood the scope and content of this training workshop.

On completion of the training workshop, all successful candidates will receive a certification of attendance.

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