



Health & Safety Control of Vibration at Work Policy

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¹ or earlier if change in legislation or on risk assessment

Amendment Control

Version	Date	Amendments
1.0	Sept 2023	

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Policy Summary

The policy of Edinburgh Napier University is to provide and maintain safe and healthy working conditions, equipment and systems of work for all staff, students and others, and to provide such resources, information, training and supervision as needed for this purpose.

The University will provide resources and maintain appropriate management systems, systems of work and equipment to ensure that Hand-Arm Vibration (HAVs) risks to all staff, students and others are controlled. Suitable information, instruction, training and supervision will be provided to all those involved in the Control of Vibration at Work.

The University will adopt the principles of control as set out in the Control of Vibration at Work Regulations (CVWR). Other publications, including those detailed in Section 11, will also be used to source best practice guidance where appropriate.

The management of Hand-Arm Vibration risk will be a continual commitment by the University and will involve regular monitoring and progress meetings, a risk assessment programme, monitoring, inspection and record keeping.

This policy is formally accepted by the University.

The University will do all that is reasonably practicable to comply with its requirements and will make the necessary resource available.

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1 Executive Summary

General health and safety regulations have required employers to control the risks to staff from vibration. The Control of Vibration at Work Regulations (CVWR) place specific duties on employers such as the University to manage those risks.

The CVWRs require the University to assess the risks from vibrating equipment, machinery and vehicles provided at work and eliminate or reduce these risks to as low a level as is reasonably practicable. The primary aim is to protect staff and other people who may be put at risk (i.e. students) from the ill health effects of vibration.

The regulations make provision for the control of Hand-Arm Vibration (HAV) and Whole-Body Vibration (WBV) and set daily exposure limits and action level values for vibration exposure.

Since it is Edinburgh Napier University's policy to comply fully with such duties, any Schools/Services that use vibrating type equipment must ensure that the requirements of the Regulations are discharged, and that the policy on personal protective equipment (PPE) is incorporated into its local safety statements. Individual staff who organise, arrange or lead such work must acquaint themselves with, and act upon, the requirements of the local safety statement in force in their School/Service. The effectiveness of these arrangements will be monitored periodically.

2 Introduction and Purpose

Hand-Arm Vibration Syndrome or HAVS is a condition that has the potential to affect any worker who uses powered hand-held or hand-guided tools as a major part of their job. For the purposes of this Policy it also applies to Whole-Body Vibration.

The primary cause of HAVS is work involving holding vibrating tools or workpieces. The risk depends on the magnitude of the vibration and how long an individual is exposed to it. Other aspects that can have an affect are: the grip, push and other forces used to guide and apply vibrating tools or workpieces; the pattern of exposure; how much of the hand is exposed to the vibration; temperature; and individual susceptibility.

This document is relevant to the University Maintenance Teams and technicians who could be using vibrating type equipment. It is anticipated that the level of risk is not high because of the nature of the work taking place i.e. vibration exposure is not prolonged and is frequently interrupted and occasional exposure is unlikely to cause ill health, however a risk assessment is still required and that levels of vibration are obtained for all the equipment that can create vibration.

3 Hazards and Legislation

Workers whose hands are regularly exposed to high vibration may suffer from several kinds of effects to the hands and arm, including impaired blood circulation and damage to the nerves and muscles. It is felt as a tingling or numbness in the fingers or where finger blanching occurs. There are other names for the condition: 'vibration white finger', 'dead finger' and Secondary Raynaud's Syndrome.

The affects are cumulative and as time passes the attacks may involve considerable pain and loss of manual dexterity, resulting in clumsiness and reduced grip strength. In severe cases, blood circulation may be permanently impaired and fingers may take on a blue-black appearance.

The Control of Vibration at Work Regulations (the Vibration Regulations) came into force on 6 July 2005 and aim to protect workers from risks to health from vibration.

The regulations introduce action and limit values for hand-arm and whole-body vibration.

4 Potential Sources of High Vibration in the University

The following is an indicative list of the types of equipment found in the University that may present a vibration hazard:

- School technicians, e.g. welding, grinding, rotary burring tools, drills, electric/battery saws
- Maintenance equipment, e.g. grinding tools, rotary burring tools, powered hammers, nail guns, concrete breakers, sharpening equipment, sanders and drills
- Grinders and other rotary tools
- Timber and wood machining tools
- Percussive metal-working tools
- Percussive tools used in stone working, quarrying, construction

5 Definitions

5.1 Hand-arm vibration

The term 'HAVS' is the generic term for the damage caused to the hands such as impaired blood circulation, nerve and muscle damage after excessive exposure to Hand-Arm Vibration. Hand-arm vibration can be defined as the level of mechanical vibration transmitted to the hands and arms when holding or guiding vibrating equipment (generally hand-held tools) during work activity.

Exposure limits

The Regulations define two types of exposure limit.

The **Exposure Action Value (EAV)** is 2.5 m/s² A(8) – Above this daily exposure level measures must be taken to reduce exposure level, health surveillance provided and information, instruction and training on risks, exposure levels, HAVS symptoms etc. Even where the exposure action value is less than 2.5

m/s², measures must still be taken to reduce any exposure to as low a level as is reasonably practicable.

The **Exposure Limit Value (ELV)** is 5 m/s² A(8) – This is the maximum daily exposure level staff may be exposed to, and any operation which would result in an individual being subjected to such an exposure will not be permitted.

HAV exposure values assuming an 8-hour working day, are:

Exposure action value (EAV); 2.5m/s² A(8)

Exposure Limit Value (ELV); 5.0m/s² A(8)

Practically:

Example: a combi-hammer with a vibration magnitude of 11.8 m/s². A worker can use the tool for 22 minutes (trigger time) before the EAV is reached. Exposure beyond this period is to be avoided. If further operation of the combi-hammer is required, then control measures must be implemented to make sure that no individual is exposed to vibration beyond the 22 minutes.

It is the aim of the University to minimise the risk of HAVS to staff by keeping exposure to vibration as low as is reasonably practicable and where the 2.5m/s² is exceeded, control measures will be put in place to reduce it.

The vibration dose received by the worker over a typical working day depends on the duration of exposure as well as the vibration magnitude.

To allow different exposure patterns to be compared they are adjusted or normalised to a standard reference period of 8 hours, similar to the approach taken for noise levels. The Control of Vibration at Work Regulations describes how an exposure normalised to 8 hours, A(8), can be calculated. The table below gives the average vibration levels over a working day and the times to reach the exposure levels.

Vibration Magnitude (m/s ²)	2.5	3.5	5	7	10	14	20
Time to reach Exposure Action Value (in hrs)	8	4	2	1	½	¼	8 mins
Time to reach Exposure Limit Value (in hrs)	>24	16	8	4	2	1	½

Exposure Action Value = 2.5m/s² per 8hr working day

Exposure Limit Value = 5m/s² per 8hr working day

The following table lists some indicative vibration levels for typical equipment

Examples of Equipment	Typical Vibration Levels (in m/s ²)
Angle grinder	4-11 (depending on power/size and material being worked on)
Kango hammer	4-15 (depending on power/size)

For example, an angle grinder with a vibration level of 7 m/s² would result in exposure of the operator to the equivalent of the EAV in just one hour, hence typical use greater than this would require

reasonably practicable exposure reduction measures to be taken. If this was used for 4 hours a day the ELV would be exceeded and no further use would be permitted.

Generally at the University, the nature of the work lessens the risk. For instance, work may be seasonal or related to particular projects - exposure is normally not prolonged on a regular basis. University maintenance equipment tend not to be operated in the same way as industrial environments so individuals are not continuously carrying out repetitive high-vibration tasks on a daily basis. There is still a need to assess each situation.

However, the diversity of work that an individual may be involved in can cause difficulty in accurately assessing exposure because a number of different tools are being used in any one day for variable lengths of time. It is possible to estimate a cumulative exposure by summing up the typical exposure pattern from the range of equipment used.

5.2 Whole-body vibration

There is also a risk of whole-body vibration that can affect those who work with vibrating equipment they need to stand or sit on, mobile machinery. The assessment is similar to that for HAVS in that identification of a significant risk should lead to control measures such as equipment modification/maintenance, minimising length of exposure and providing information to staff.

Exposure limits

The Regulations introduce action and limit values for whole-body vibration.

The regulations introduce an:

- **Exposure Action Value (EAV)** of 0.5m/s² A(8) at which level employers should introduce technical and organisational measures to reduce exposure.
- **Exposure Limit Value (ELV)** of 1.15/ms² A(8) which should not be exceeded

The University should not consider reduction below the exposure limit value to be a target – you must reduce exposure as low as you reasonably can. This may mean reducing the time for which the employee uses the machine each day, e.g. spreading that particular task over several days or sharing it between two or more staff (job rotation).

There is a whole-body vibration calculator on the HSE website that can be used to calculate the risk of WBV (whole-body vibration) in the workplace. It calculates the daily vibration exposure that an employee is subjected to allowing the employee to analyse the risk and an employer to meet health and safety requirements. <https://www.hse.gov.uk/vibration/wbv/calculator.htm>

Occasional exposures above the exposure limit value (weekly averaging of exposure)

On very limited occasions, employers are allowed to average exposures over a week rather than over a day, but only in particular circumstances. This is primarily designed for where workers exceptionally need to carry out work causing uncommonly high vibration exposure in a single day, e.g. for emergency work.

The main conditions are:

- that the person's exposure is usually below the exposure action value
- that the risk is less than if the employee were exposed at the exposure limit value for the week.

This flexibility does not remove the duty on the employer to reduce the exposure so far as is reasonably practicable.

Staff whose health is likely to be particularly at risk

Extra care will be needed to ensure that the exposure of those who are particularly sensitive to WBV is kept to a minimum, that they are given and take account of adequate information, instruction and training, and that symptoms of back pain are monitored. In cases where the early stages of HAVS have been detected or diagnosed through health surveillance, the employee must be removed from such work until a further risk assessment has been carried out and may have to be removed completely from this task in order to protect the employee. The employee must also attend occupational health screening to ensure it is recorded and controls put in place.

6 Duties of employers

At any exposure level

- Assess vibration risks to health and safety (including HAVS and WBV).
- Eliminate vibration risk at source or manage the risk and reduce to lowest reasonably practicable level.
- Provide information and training for staff on vibration risks and control measures.
- If replacing machinery or tools, replace where possible with ones that have built-in safety measures to reduce exposure to vibration.
- Work is carried out by trained and competent personnel instructed in the requirements of the risk assessment and method statement and the proposed control measures.
- Competent, trained personnel are appointed to supervise work areas covered by this procedure and related work activities. They will ensure that HAVS is managed through the provision of toolbox talks and instruction to staff, purchasing or hire of vibrating tools, identification of tool emission values, employee HAVS monitoring and occupational health surveillance.
- Control measures are reviewed on a periodic basis or when an incident or significant change dictates, to evaluate their ongoing suitability and effectiveness. The staff will be involved in this process. (Any changes deemed necessary will be implemented after proposals have been evaluated for hazards and risks, the method statement and risk assessment have been updated and briefed to the staff and any additional training requirements carried out).
- Must attend required occupational health assessments if deemed necessary.

Hand-arm vibration

If the Exposure Action Value (EAV) 2.5m/s^2 is likely to be exceeded

- Reduce exposure to the lowest practicable level
- Provide health surveillance (this is available through Occupational Health)

The Exposure Limit Value (ELV) 5m/s^2

- Ensure staff are not exposed above the ELV
- If they are, take immediate action to prevent recurrence

Whole-body vibration

If the Exposure Action Value (EAV) 0.5m/s^2 is likely to be exceeded

- Reduce exposure to the lowest practicable level
- Provide health surveillance (this is available through Occupational Health)

The Exposure Limit Value (ELV) 1.15m/s^2

- Ensure staff are not exposed above the ELV
- If they are, take immediate action to prevent recurrence

7 Responsibility for Risk Assessment and Risk Reduction

It is the responsibility of Schools and Services to identify activities where the hazard of HAVS is a problem and include it in risk assessments. Ways to establish whether there is a problem and how to reduce it are as follows. The risk assessment should include a review of the following and the findings recorded accordingly.

- Identify the equipment that vibrates and find out about the levels of vibration - information should be available from suppliers/manufacturers (they have a duty to supply it). Staff are likely to have a subjective opinion from using the equipment. Consider vibration monitoring (see below).
- Identify equipment that has the lowest vibration levels.
- Ensure equipment is serviced and all vibration controls are working effectively.
- Tool emission data is derived from (in order of preference)
 1. Real life tool data (tool databases, OPERC etc)
 2. In house tool emission measurements during use
 3. Manufacturer's declared emission data

Note: For 1 and 3 emissions are based on new tools and do not factor in wear and tear which increases emission values with age. Account must be made for the deterioration of tools and equipment over time.

- Any workers likely to be exposed to significant vibration levels i.e. at or above 2.5m/s^2 A(8).
- Identifying and evaluating the control measures to be put in place.
- Evaluating the need for health surveillance.
- Identifying information and training needs.
- Monitoring of the control measures put in place.
- Inspection and maintenance of the equipment and tools being used.

- Rank equipment in terms of hazard contribution, i.e. the level of vibration and how much they are used.
- Discuss with staff whether they have noticed any particular problems with certain types of equipment or individual machines.
- Check the workload of individuals who use vibration tools and at least estimate the exposure they may be receiving.

To reduce the risk, it is essential that risk assessments are undertaken and reviewed regularly.

Choice of tool/equipment/task

- Check whether it is necessary to use the current types of tool or whether a task may be achieved a different way. (i.e. lower vibration tools) which will give the same result.
- Mechanise or automate the task in part or in full.
- Select the lowest vibration tool that is suitable and can do the work efficiently.
- Limit the use of high-vibration tools wherever possible.

Measures to protect the user

- Consideration will be given to workers being job rotated to lower the exposure to vibration.
- Rest breaks and shift patterns structured to limit time spent on the equipment to short well-spaced periods.
- Break up periods of continuous equipment use (high intensity, repetitive) by introducing other tasks (more variety, less repetition).
- Individual exposure must be recorded either using the HSE Calculator (See Appendix 1) or the attached proforma (See Appendix 2) on a daily basis and signed off by their supervisor on a weekly basis.
- Design the job so that poor posture is avoided and to isolate the operator from vibration.
- The appropriate PPE will be provided to keep the hands and body warm, help to maintain good blood flow to the fingers and reduce the risk of injury.
- Heated handles, warm, weatherproof clothing - heating pads are amongst the other aids that can be considered.

Information and training

- Staff will be provided with information on the hazards of vibrating equipment.
- Trained staff will monitor the vibration emission values of tools delivered to site, limits the use of high vibration tools and substitutes them for tools with lower emissions.
- Staff in these roles must have sufficient authority and determination to prevent staff using high emission tools.

Tool/equipment use and maintenance

- All tools and equipment to be inspected before use to avoid worsening vibration.
- All tools are to be tagged with vibration magnitude, points per hour and time to EAV.
- Equipment will be maintained to the manufacturer's specification and records kept by site.

- Replace worn or damaged consumables, so that the equipment is efficient and keeps the employee exposure as short as possible.
- Supervisors/Technicians are to check the condition of tools/plant at regular intervals. The frequency of checks should be based on the harshness of the conditions in which tools are used, the experience of the user and the user's ability to care for them correctly.
- Consider the maintenance of the equipment and whether there is likely to be deterioration in anti-vibration mountings, etc. Ageing and/or poorly maintained equipment is likely to give worse levels of vibration. Items of equipment with anti-vibration mountings are likely to be heavier in weight and therefore consideration must also be given to manual handling issues with using such equipment.

8 Control Methodology

8.1 Purchasing of new equipment

Whenever new equipment is to be purchased, the supplier's vibration information should be checked in advance and every effort made to ensure that equipment with the lowest vibration levels and best protection is obtained. Any second-hand equipment should also be assessed before being put into use. As well as the vibrations levels, any specific training requirements in its safe operation must be obtained.

8.2 Information and training

Vibrating equipment will only be operated by competent, trained personnel. Members of a School/Service at risk of HAVS must be provided with adequate training and information. This should include the following:

- The proper use of hand tools, e.g. storage, use, handling and maintenance.
- Correct selection, use and maintenance of equipment.
- Correct techniques for equipment use – e.g. grip force, etc.
- Information on vibration levels relevant to the machinery they are to use, particularly identifying pieces of equipment that are known to have higher vibration levels and the sources of such vibration.
- Safe working practices to reduce vibration exposure.
- The need to interrupt work using vibrating machinery on a regular basis with other tasks and to divide such work with other colleagues.
- To be aware of the risks and health effects from hand-arm vibration and whole-body vibration, such as other factors that can increase the likelihood of HAVS such as low temperature, smoking.
- The need to keep warm and dry and wear appropriate PPE.
- Whether they are at risk, and if so whether:
 - the risk is high (above the ELV) which is not acceptable
 - medium (above the EAV)
 - low
- How to recognise symptoms and how to report them.

- The need for health surveillance.

There is an HSE leaflet on HAVS which is a good general information source for staff. Download HSE's free pocket card [Hand-arm vibration - Advice for employees \(INDG296 – rev2\)](#). This publication contains notes on good practice.

8.3 Health surveillance

It is the responsibility of Schools and Services to arrange health surveillance if there is a significant risk of HAVS to an individual. Health surveillance will be carried out where:

- There are any staff who are moving into jobs involving exposure to vibration.
- Staff are likely to be exposed to vibration levels exceeding 2.5m/s^2 on a regular basis.
- The use of vibratory equipment has been shown to cause symptoms.
- Staff with pre-existing conditions are exposed to vibration.

If there is a significant risk of HAVS, i.e. where an individual's vibration exposure exceeds 2.5m/s^2 , then a health surveillance programme via the University's Occupational Health provider must be arranged using a suitably trained/qualified resource. The aim of this is to identify at an early stage any member of staff who may be showing medical signs of developing HAVS and also provide a baseline for further routine health surveillance. If at any time between the routine checks a member of staff notices any of the signs of HAVS, they should report it to their line manager in order that referral to Occupational Health can be organised and investigation of the equipment carried out. Annual HAVS health surveillance will be arranged for staff likely to exceed the exposure action value.

Diagnosed cases of HAVS will be reported to the HSE under the RIDDOR regulations.

8.4 Maintenance of equipment

In order to minimise the deterioration of equipment, items should be inspected and serviced on a regular basis. Advice from the suppliers/manufacturers should be taken into account. There may be certain routine checks that lead to early identification of problems or accessory replacements, in which case these should be carried out at a set frequency. Any tools and equipment will be examined by a competent person for wear and tear.

Individual users must be made aware that if at any point they feel a machine performance has deteriorated in terms of vibration, they must report it at the earliest opportunity so that further investigations can be made.

8.5 Vibration monitoring of existing equipment

It is possible to monitor vibration levels of equipment. It is the responsibility of Schools and Services to ensure that they monitor vibration levels of equipment and any staff under their control for signs of HAVS. For further guidance please contact the Health and Safety Office for further information.

Guideline measurements can be taken by hiring in monitoring equipment and taking advice from local experts on its use. The use of the equipment is not particularly straightforward therefore the results should be taken as rough estimates only.

The results of monitoring can be compared with the manufacturer's information and this might show the effect of age or poor maintenance or that there is something wrong with a particular item of equipment. The method of monitoring should be carried out in line with the strategy given in "Hand-arm vibration: Control of Vibration at Work Regulations (L140) (ISBN 0 7176 6125 3) - replaces "Hand-arm Vibration (HSG 88)."

The results can be used in conjunction with estimates of time spent using each type of tool. This will give an approximate exposure.

Competent staff are required to carry out regular checks to monitor tool use, for example vibration dampened handles on tools are used correctly, pneumatic hoses are in serviceable condition, staff are aware of any tool restrictions (trigger time limit) and they are observed.

8.6 Equipment with high levels of vibration

If it is found that there are items of equipment with high vibration levels (greatly exceeding 2.5m/s^2), action is required to reduce this. The solution might include:

- Purchase of different/new equipment
- Improved maintenance/servicing
- Using the equipment for shorter periods of time
- Information to staff on how to minimise the risks

9 Compliance monitoring

Any management system, if left alone, will deteriorate over time. It is therefore a requirement of this Policy that the Director of Property & Facilities will periodically monitor that this statement remains relevant and effective and will, from time to time, require certain information from the Maintenance Management Team. This will include (inter alia): copies of maintenance records. Individual exposure must be recorded on the Vibration Equipment Monitoring record when work is carried out and signed off by their supervisor on a weekly basis.

10 Further Guidance

L140 The Control of Vibration at Work Regulations
INDG 242 (rev1) Control the risks from whole-body vibration
HSG170 Vibration Solutions - Practical ways to reduce the risk of hand-arm vibration injury
IND(G)126 (rev1) Health risks from Hand-Arm Vibration for Employees and Self-employed
Supply of Machinery (Safety) Regulations

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Appendix 1 – Hand-Arm Vibration Exposure Calculator

<http://www.hse.gov.uk/vibration/hav/vibrationcalc.htm>

HAND-ARM VIBRATION EXPOSURE CALCULATOR Version 5.6 June 2019

Company name / work area: Edinburgh Napier University
 Employee ID and/or task name: Thomas Lacey - Breaking out of concrete wall

Tool or process name <small>Select HSE recommended initial values or enter your own information</small>	Vibration magnitude m/s ²	Exposure points per hour	Time to reach EAV 2.5 m/s ² A(8)		Time to reach ELV 5 m/s ² A(8)		Exposure duration		Partial exposure m/s ² A(8)	Partial exposure points
			hours	minutes	hours	minutes	hours	minutes		
Tool1	5	50	2		8		2		2.5	100
Tool 2	6	72	1	23	5	33	1	30	2.6	108
Tool 3	3.4	23	4	20	17	18	1		1.2	23
Tool 4	3.3	22	4	35	18	22	1		1.2	22
Tool 5	2.8	16	6	23	>24			45	0.9	12

Zoom to fit | Help | Reset | Print (preview)

Reset Options:
 Lock tool or process information
 Lock company and calc. by names

Instructions for use:
 Enter vibration magnitudes and exposure durations (for an individual worker or a task carried out by several workers) in the white areas. Results are displayed in the yellow areas
 Information on tool types may be entered directly into the tools/process names columns, or selected from a drop-down list of HSE recommended initial data values.
 To clear all cells, click on the 'Reset' button
 Tick the 'Lock tool or process information' check box to prevent 'Reset' clearing these cells
 Additional information such as company name, worker name may be added if printing or saving the calculation.
 For more information, click the 'Help' button

Daily exposure m/s² A(8): 4.1 | Total exposure points: 265

WARNING: Exposure potentially above 5m/s²A(8) ELV (400 points)

Exposure calculation by: Peter Wall
 Job role: Technician | Calculation date:

Guide to using the on-line hand-arm vibration exposure calculator

- The calculator may be used online or, if you prefer, you can download and save it on your computer as a spreadsheet file (Microsoft Excel).
- Click on the white areas and type in a vibration magnitude (in m/s²) and an exposure duration (in hours and/or minutes). You can do this for up to six different tools or processes.
- When you have entered all the numbers, press the ENTER key, or click on a different cell. The following values will then be calculated and displayed in the yellow cells on the right.
 The *Partial exposure* is the vibration exposure (shown in both m/s² A(8) and exposure points) for each individual tool or process and is calculated from the *Vibration magnitude* and the *Exposure duration*.
 The *Total exposure*, also given in m/s² A(8) and exposure points, is calculated from the *Partial exposures*.
- In addition to the partial and total exposure values, the calculator also uses the vibration magnitudes to produce the following values:
 Exposure points per hour. The number of exposure points for every hour of exposure time for the individual tool or process.
 Time to reach EAV (exposure action value). This is the total exposure time required for the individual tool or process before the exposure action value (2.5 m/s² A(8) or 100 points) is reached.

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Time to reach ELV (exposure limit value). This is the total exposure time required for the individual tool or process, before the exposure limit value ($5 \text{ m/s}^2 \text{ A(8)}$ or 400 points) is reached.

5. The illustration above shows the calculator in use. In this example, three tools re used by an operator during a working day. The vibration magnitudes are 2 and 3.5 m/s^2 and the total exposure times are 15, 30 and 90 minutes respectively. These values have been typed into the white cells (you can use hours, minutes or a combination of the two for the exposure duration). The results (in the yellow cells) show the partial exposure values for the three tools and the total exposure which, at $2.2 \text{ m/s}^2 \text{ A(8)}$ or 75 points, is below the exposure action value.
6. The cells can be cleared for another calculation by clicking on the Reset button in the bottom right hand corner.

Note: When you open the spreadsheet you may see a Microsoft Excel message asking you to decide whether to enable or disable macros. If your system settings allow it, you should enable macros. If not, the Reset button will not work, but the white cells can still be cleared by manually deleting their contents.

Appendix 2 - Control of Vibration Exposure - Employee Record

CONTROL OF VIBRATION EXPOSURE											
Record of Employee's Use of Vibratory Tools/Equipment											
School/Service:											
Employee's Name:											
Weekly Record											
Equipment	Vibration Magnitude (m/s ²)	Exposure Points Per Hour (from HSE calculator)	Time to reach EAV 2.5 m/s ² per 8hr day <small>(Above which risk control measures must be implemented)</small>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Employee's Signature
				Tool "Trigger" Use Time & Points	Tool "Trigger" Use Time & Points	Tool "Trigger" Use Time & Points	Tool "Trigger" Use Time & Points	Tool "Trigger" Use Time & Points	Tool "Trigger" Use Time & Points	Tool "Trigger" Use Time & Points	
Supervisor Name :						Supervisor Signature:					

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