COURSE CONTENT OVERVIEW

HAVS (Hand-Arm Vibration Syndrome)



High Speed Training™

0333 006 7000

www.highspeedtraining.co.uk

This Hand-Arm Vibration (HAVS) training course is designed to help learners understand the risks to health posed by vibrating power tools, and how these risks can be effectively managed.

By the end of the training, learners should be aware of their legal responsibilities, know how to carry out a suitable and sufficient risk assessment and have knowledge of the appropriate control measures that can be used to keep workers safe from the harm that vibration can cause.

Module 1: Introduction to HAVS

This module explains what is meant by HAVS, who is most at risk from developing it and what the law says in terms of protecting workers from harm.

- What is hand-arm vibration?
- Examples of vibrating equipment
- The symptoms of hand-arm vibration exposure
- What industries are most at risk of HAVS?
- The Control of Vibration at Work Regulations
- Vibration exposure values
- The Health and Safety at Work, etc. Act 1974
- Employee duties
- The Supply of Machinery (Safety) Regulations 2008
- Associated risks: Noise exposure

Module 2: Risk Assessment

This module explains the five key steps involved in a risk assessment and details the basic requirements for avoiding and controlling the risks associated with excessive vibration levels in the workplace.

- Key definitions
- What is a risk assessment?
- Who should carry out a risk assessment?
- Step 1 - Identifying hazards
- Step 2 - Deciding who may be harmed and how
- Step 3 - Evaluate the risks
- The hierarchy of control
- Step 4 - Record your findings and implement them
- Step 5 - Review and update

Module 3: Reducing and Controlling Risks

This module will describe the main practical techniques you can use to eliminate or reduce the risks associated with vibrating equipment and machinery.

- Purchasing and hiring policies
- Key duties of manufacturers and suppliers
- Elimination
- Substitution
- Engineering controls
- Maintenance and use of machinery and equipment
- The maintenance checklist
- Administrative controls
- Reducing exposure time
- Information, instruction and training
- Key instructions for employees
- Personal protective equipment (PPE)
- Health surveillance
- Why is health surveillance important?

Aims of the training

By completing this course, learners will:

- Understand the risks posed by excessive levels of vibration and the effects high levels of vibration exposure can have on a person's health.
- Know the main duties placed on both employers and employees under The Control of Vibration at Work Regulations 2005, as well as other key legal duties.
- Understand how to carry out a vibration risk assessment.
- Know how vibration levels are measured in the workplace and understand how to avoid, substitute, control and reduce exposure to excessive vibration levels.
- Understand when personal protective equipment (PPE) should be worn, how to use it correctly and how to properly maintain and store it.
- Know when health surveillance will be needed and who may need it.

© 2026 High Speed Training Limited | All rights reserved