



Hand Arm Vibration; Daily Exposure Guide ©

Vibration level (m/s²) provided by manufacturer or operational measurement

To use chart

- Identify machine vibration level on the left.
- Compare the time of use with those at the bottom of the chart.
- The point at which the two lines meet indicates the operator's "Daily Exposure Level or A(8)".
- Compare this with the action levels below to identify action required.

Example

If a machine has a vibration level of 10m/s² it could be used for up to ½ hour to remain below the first action level or it could be used for up to, but not more than, 2 hours if control measures are implemented.

Alternatively

If a job is to take 2 hours to complete, a machine vibrating at up to 5m/s² could be used without control measures or a machine vibrating up to 10m/s² if control measures are implemented.

This chart is designed as a guide to clients on the requirements of The Control of Vibration at Work Regulations 2005 . All users must be familiar with the current legal status of this Regulations as well as the control measures required for each A(8) value.

