

# Hand Arm Vibration Syndrome

## Course Description

This short course provides you with an introduction to Hand Arm Vibration Syndrome, otherwise known as HAVS.

The course starts by establishing exactly what Hand Arm Vibration Syndrome is, before providing a detailed description of the symptoms and consequences of the disorder.

It then provides an overview of the equipment and work-related situations most likely to pose a risk of HAVS, and the exposure values that must be complied with by law.

Following this, the course covers the practical steps you can take to reduce the risk of HAVS, and looks at the law with regards to HAVS, including the responsibilities that both employees and employers must comply with in order to reduce the risk.

## Learning Objectives

By the end of this course, you will be able to:

- Understand what is Hand Arm Vibration Syndrome (HAVS)
- You will be able to identify the symptoms of Hand Arm Vibration
- Have an understand of when you are at risk and how you can reduce the risk
- And finally, the laws associated with hand Arm Vibration and the importance of Health surveillance.

## Target Audience

This course is aimed at those in the construction industry that are responsible for using power tools. This could include site supervisors or managers.

## Advantages

Understanding the risks and how to protect yourself from vibrating power tools.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training around their work and personal life.

## Further Progression

For those needing further safety in construction training, courses such as Working at Heights, Working safely and PPE should be completed alongside this one.

For Supervisors that want to continue to enhance their skills, courses such as Introduction to Risk Assessment or Leadership Skills would make great next steps.

## Modules

Course	Module Number	Module Name	Pass % Required
Hand Arm Vibration Syndrome	1	Introduction	70
Hand Arm Vibration Syndrome	2	What are the Symptoms of HAVS?	70
Hand Arm Vibration Syndrome	3	When am I at Risk?	70
Hand Arm Vibration Syndrome	4	How Can I Reduce the Risk?	70
Hand Arm Vibration Syndrome	5	What Does the Law Say?	70
Hand Arm Vibration Syndrome	6	The Importance of Health Surveillance	70

### Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 40 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)