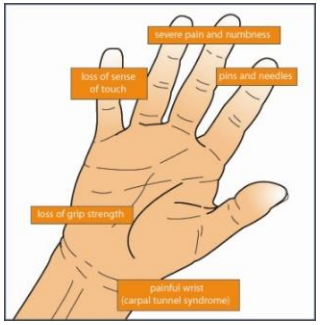
SHEQ – Theme of the Month

The Theme for November 2020 is: Control of Hand-Arm Vibration

Your Health and Safety | **Our Environment** | **Quality Requirements**

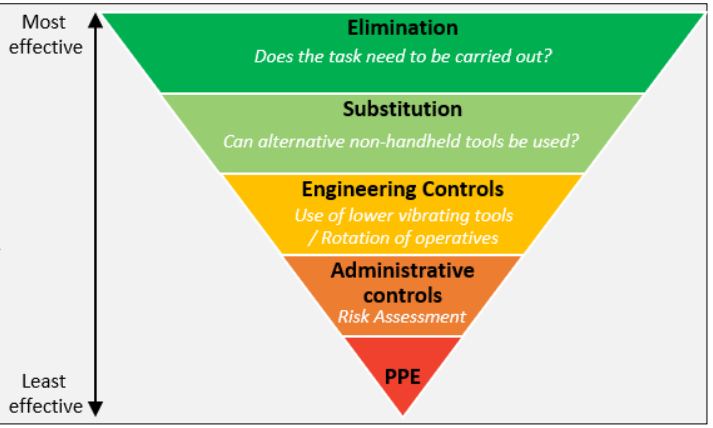
Exposure to vibration from hand-held tools can result in serious and permanent health issues such as Hand Arm Vibration Syndrome (HAVS). The HSE estimates that over 2 million UK workers are at risk from vibration in the UK. Fortunately, through close monitoring, assessment and effective control measures, the risks of HAVS can be significantly reduced from your work activities.

Page 2 of this briefing contains the MWHT HAVS Wheel, a tool used to quickly identify the daily exposure limits of common hand-held tools used on our construction sites.



Assess & Manage The Risk:

- Identify any potential HAVS risks during the initial planning stage of the activity, taking into account existing measurement data and manufacturers' information.
- Follow the hierarchy of control to prevent or minimise exposure to vibration and complete CDFR38-01 Hand Arm Vibration Assessment.
- Ascertain exposure either by taking actual measurements (where reasonably practical), or referring to the MWHT HAVS Wheel and manufacturer's guidance lines.
- **Implement the defined controls to ensure that the risks are minimised and below the ELV (Exposure Limit Value).**



Monitor and Recording of Exposure:

- As part of this monitoring process, all work-related vibration exposure must be monitored and recorded to ensure employees are not subjected to prolong periods of vibration and do not exceed the upper exposure limit values.
- Reactec Havwear is an innovative tool used by our MWHT Direct team to manage vibration through automated, real-time assessment of exposure. For further information on tool please see: Safety Best Practice 19-02 HAVS Monitoring – Reactec
- Where REACTEC technology is not used, CDFR38-02 Vibration Dose Assessment Record must be completed and submitted weekly to the HAVS Mailbox: Treatment.HAVS@mwhtreatment.com.
- Where relevant, attend your scheduled Occupational Health Surveillance to continually monitor the impact of vibration exposure.

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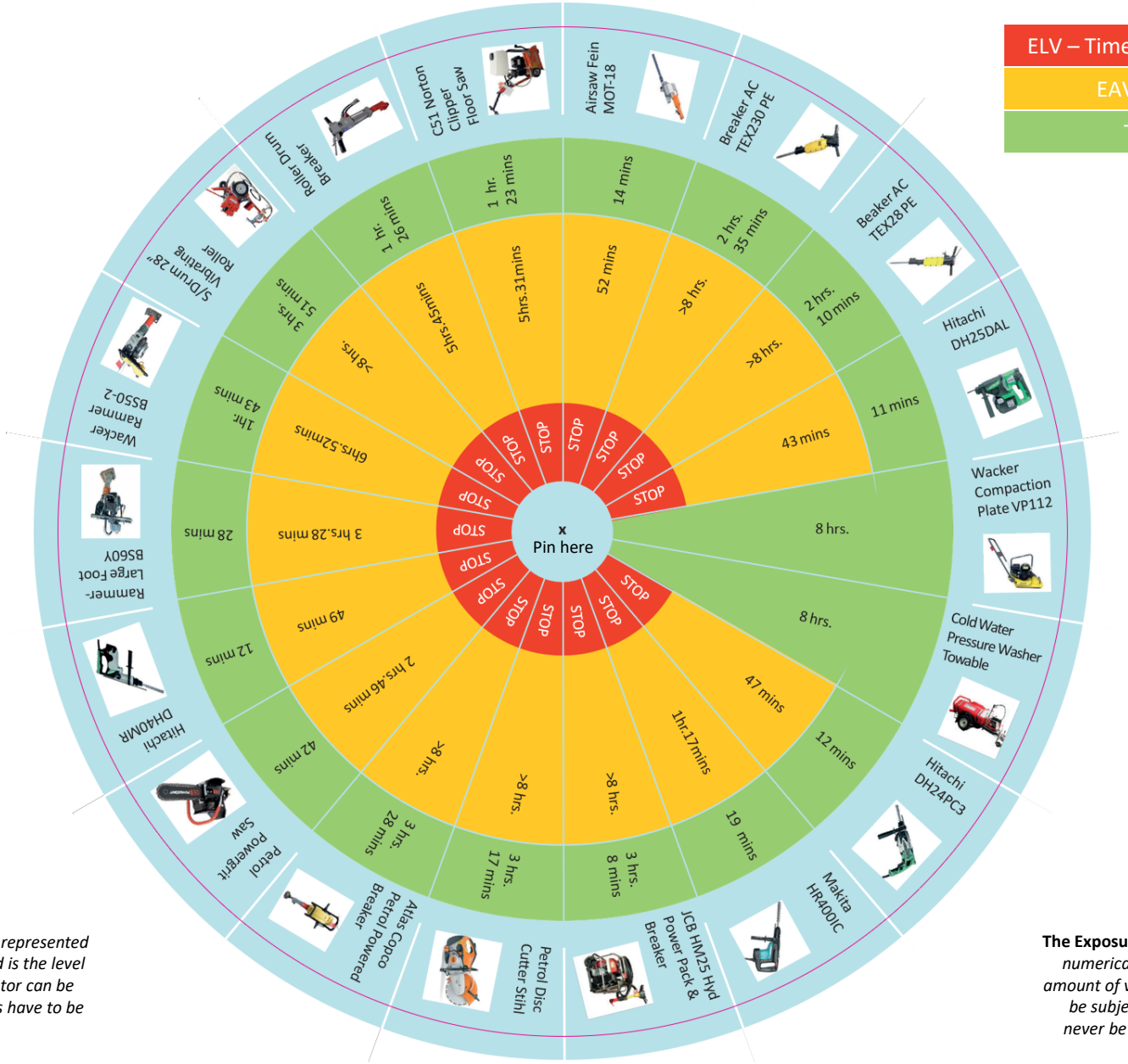
MWHT HAVS Wheel:



ELV – Time that must not be exceeded

EAV (Time to reach ELV)

Time to reach EAV

A further list of list of maximum daily exposure levels (by tool type) can be found here: CDGD38-02

The Exposure Action Value (EAV) *is represented by a numerical value of 2.5 m/s² and is the level of daily HAV exposure that an operator can be subjected to before specified actions have to be taken.*

The Exposure Limit Value (ELV) *is represented by a numerical value of 5.0 m/s² and is the maximum amount of vibration exposure that an operator can be subjected to in an 8hr working day and must never be exceeded under normal circumstances.*