



WHOLE BODY VIBRATION (WBV)

2 Day Training Programme (to follow 5 day Assessor course) – 4 IOSH CPD Points

This course is designed to give operational managers, and occupational health and safety professionals, the knowledge and awareness of the risks associated with Whole Body Vibration. Following on from the Hand Arm Vibration Assessor course/Management Awareness course, it looks at the practical measures that can be taken to manage and minimise the vibration exposure of employees.

- **Introduction to Industrial Vibration Exposure**
The development and history of industrial exposure to vibration
- **Whole Body Vibration - The Medical Conditions**
The medical conditions symptoms
- **Whole Body Vibration Management**
Including:
 - ~ Hazard identification
 - ~ Best Practice
 - ~ Developing policy and standards
 - ~ Recommended exposure levels
- **Risk / Vibration Assessment**
Measurement equipment
Measurement techniques
- **Terminology, symbols, quantities and abbreviation**
- **Calculation of Exposure**
 - ~ calculation of exposure time
 - ~ calculation of 8 hour energy equivalents
- **Measurement Equipment**
- **Documentation and Recommendations**
- **Health Monitoring**
- **Summary and Questions**