

3.2.5 Hands-Arm and Whole Body Vibration

For analysis of work involving hands-arm and/or whole body vibration, a trained person should use the checklist as given in **Table 3.10**.

Table 3.10: Checklist for vibration

Body parts	Physical Risk Factor	Maximum Exposure Duration	Please tick (/)	
			Yes	No
Hand-Arm (segmental vibration)	Work using power tools (ie: battery powered/electrical pneumatic/hydraulic) <u>without</u> PPE*	More than 50 minutes in an hour		
	Work using power tools (ie: battery powered/electrical pneumatic/hydraulic) <u>with</u> PPE*	More than 5 hours in 8 hours shift work		
Whole body vibration	Work involving exposure to whole body vibration	More than 5 hours in 8 hours shift work		
	Work involving exposure to whole body vibration combined employee complaint of excessive body shaking	More than 3 hours in 8 hours shift work		
Sub Total (Number of tick(s))				

*PPE related with protection to vibration

The total score for vibration is **4**. **YES** score of **1** and above will initiate an advanced assessment.