

## Vibration

### HAND ARM VIBRATION SYNDROME (HAVS)

Hand Arm Vibration Syndrome is a widespread industrial disease that can lead to serious, permanent injury and disability. It is caused by regular exposure to vibration, particularly from hand guided tools and vibrating hand tools.

**Policy:** At **Greenplant**, we are committed to advising and assisting all our customers on the impact of vibration. We will ensure that whenever possible we only supply equipment that is 'best in class' with the lowest amount of vibration. This will ensure that the operator is exposed to the smallest possible level of vibration. All of our equipment that is subject to vibration, has been clearly marked with the appropriate sticker (see 'Safety Symbols - Page 8) and confirmation of the exact vibration levels are available via e-mail at [mail@greenplant.ltd.uk](mailto:mail@greenplant.ltd.uk) or by telephone.

Manufacturers identify vibration levels in units of metres per second squared ( $m/s^2$ ), the greater the figure the greater the risk to the user.

The longer the user is exposed to vibration, the greater the risk. The Health and Safety Executive has identified a threshold value of  $5m/s^2$  averaged over an eight hour day as the maximum acceptable amount without preventative measures and health surveillance. The appropriate vibration levels used for high, medium and low levels are:

**RED**

#### High Risk Red

Equipment vibration levels over  $10 m/s^2$

Needs to be assessed

**AMBER**

#### Medium Risk Amber

Equipment vibration medium  $5-10 m/s^2$

2 Hours maximum daily use without assessment

**GREEN**

#### Low Risk Green

Equipment vibration less than  $5 m/s^2$

8 Hours maximum use

**Usage Time v Trigger Time:** Vibration exposure affects the operative when they are actually working under load. Most operatives over-estimate the actual trigger time against working time. For example, if it took four hours to break up an area that may only equate to one hour trigger time and three hours moving materials.

### **Ways of Assessing and Reducing Risk:**

Keep warm and dry, and exercise your fingers to improve blood circulation

Let the machine do the work, don't force it

Don't grip the handle too tightly

Always use sharp or new accessories, vibration may be increased if the accessories are blunt

Always follow the instructions supplied with the equipment and use the right accessory for the tool

Report any change in the equipment's performance immediately

If you have any questions regarding vibration please ask one of our friendly team

# Working at Height

## Regulations

Falls are the biggest cause of workplace death and injuries. The Working at Height Regulations which came into force in 2005 were created to prevent these injuries and deaths. These regulations apply to all work at height where there is a risk of a fall liable to cause personal injury.

**Employers (or Duty Holders and individuals) are required to do all that is reasonably practicable to prevent anyone falling by**

1. Avoiding working at height where possible.
2. Using equipment or other measures to prevent falls where working at height cannot be avoided.
3. Using equipment or other measures to minimise the distance and consequences should a fall occur, where risks of falls cannot be eliminated.

## The regulations require duty holders to ensure

1. All work at height is properly planned and organised.
2. All work at height takes account of the weather conditions that could endanger health and safety.
3. Those involved in working at height are trained and competent.
4. The working area is safe.
5. Equipment for working at height is appropriately inspected.
6. The risks from fragile surfaces are properly controlled and the risks from falling objects are properly controlled.

When planning working at height you need to justify the type of equipment used; this will involve performing a risk assessment. For short duration light work, a stepladder or leaning ladder may be suitable, but where work is for a longer duration and involves heavier work and the need for two free hands, a tower or access platform may be more appropriate.

At **Greenplant**, we are continually reviewing and updating our fleet to enable us to offer our customers the most appropriate access equipment for working at height. Our trained staff will be able to advise you on the benefits of each item within our range.

## Noise Regulations

The Control of Noise Regulations 2005 came into force in 2006. The aim of the regulations is to ensure protection from excessive noise within the workplace, which could result in loss of hearing. Risk must be assessed if noise exceeds 80 decibels. Hearing protection must be worn/provided if noise exceeds 85 decibels. To combat the affect of noise within the workplace **Greenplant** carries a full range of hearing protection and silenced machines.

## Dust Regulations

Where there is a risk of exposure to fumes or dust the individual/employer must minimise or control the risk. Relevant information and, where necessary, training must be provided.

**Greenplant** stock a range of dust extraction equipment for hire to use with power tools and a full range of dust masks are available for sale.

Always ensure you have assessed the risk of dust before you proceed.

- Information on the nature of the dust
- The type of exposure (inhalation, dermal or ingestion)
- Details of the control to be used.

Please contact a member of our friendly team if you require more information.

*\*Greenplant Health & Safety Information provides general equipment safety rules only. For further details on specific items and requirements refer to the individual product information or contact the manufacturer.*