

26 Vibration

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Introduction

26.1.1 This chapter sets out the procedures and guidance for the application of The Control of Vibration at Work Regulations (CVAWR), Control of Vibration at Work Regulations (Northern Ireland) (CVAWR(NI)) and the Merchant Shipping and Fishing Vessels (Control of Vibration at Work) Regulations (MSFV(CVW)R)¹ which apply in full throughout defence to all workplaces (including, vehicles, ships, boats, vessels, aircraft and premises).

26.1.2 Vibration is encountered virtually everywhere in daily life (driving, travelling by train, boat, riding in a lift etc). In the majority of cases exposure to vibration should not cause harm. The risk of vibration induced injury depends on the exposure (time), intensity (power) and frequency of exposure to that vibration (including intermittent exposure and repeated shocks).

26.1.3 The HSE and the medical profession recognise that there are two specific categories of exposure to occupational vibration, these are:

- **Hand Arm Vibration (HAV)** – is defined as exposure to vibration from mainly hand-held, hand-guided and/or hand-fed tools. Vibration is transmitted from use of these tools through the hand and or fingers. The longer the exposure to the vibration the greater the risk or severity or damage to blood vessels and nerves in the fingers, hands and arms. The specific conditions which can result are collectively known as Hand-Arm Vibration Syndrome (HAVS). Commonly reported conditions related to HAV can include vibration white finger, and carpal tunnel syndrome (a nerve disorder resulting in pain, tingling and weakness in parts of the hand);

¹ Applies to the Royal Fleet Auxiliary

- **Whole Body Vibration (WBV)** – is defined as vibration usually transmitted to the whole body from the supporting surface or a platform (vehicle, ship, boat, aircraft; and/or machinery) involving standing, seated or recumbent persons. There is no formal identifiable medical condition that develops as a result of WBV (Although mainly associated with the driver, crew or pilot, passengers can also be affected). There is no known direct relationship between the exposure and severity of injury. Commonly reported symptoms from WBV exposure can include pain in back/neck, nausea, headaches, dizziness, blurred vision etc. Pregnant women may be at greater risk of health problems (particularly back pain) from WBV exposure than men/non-pregnant women and their exposure to WBV should be limited.
- - **Shock** - is a sub category of WBV and is defined as a sudden, unexpected impact that transmits energy to a device/person in a relatively short time (acute) interval (e.g. small fast boat impacting waves, 4x4 vehicle crossing rough terrain). Injury is dependent on the force of the shock together with the positioning of the person in relation to the shock/impact (e.g. standing and the shock is transmitted through the feet to the spine). In addition to acute injuries at the time of exposure long term exposure to even moderate levels of repeated shock may lead to chronic injuries, such as to the spine.

26.1.4 Defence personnel who are exposed to regular and long term vibration and/or impact shock may develop various medical syndromes/conditions and may be forced to retire early on medical grounds; this has a detrimental effect on the welfare of the individual as well as the Department (skill shortages, recruitment costs, retraining, compensation payments etc). It is essential that awareness is raised and the risk of vibration related injury is managed to minimise its effects on personnel, resources and operational capability.

26.1.5 All activities conducted by defence should comply with the CVAWR and CVAWR(NI) and any host nation legislation/standards at all workplaces (including, Royal Navy ships, boats, vessels, aircraft and premises).

26.1.6 Royal Fleet Auxiliary (RFA) operated vessels, and vessels which are not part of the Royal Navy (e.g. Service police boats, Army vessels) are covered by the MSFV(CVAW)R which has comparable requirements.

26.1.7 Defence is required to comply with the Vibration at Work Regulations wherever reasonably practical to do so. Where it is not possible to comply with the requirement in the regulations but the continuance of the activity is in the interest of national security an exemption must be applied for; see paragraphs 25.5.1 - 25.5.5.

Roles and Responsibilities

Top Level Budget Holders/Trading Fund Agency (TLB/TFA)

26.2.1 TLBs/TFAs should ensure they have strategies and procedures in place to minimise the effect and exposure or potential exposure of defence personnel and others who may also be affected (e.g. passengers carried in vehicles/boats/aircraft) by vibration

in the course of their work. Sufficient resources should be made available to provide competent advice; conduct risk assessments and implement effective vibration control measures. These strategies and processes should be regularly reviewed to ensure that they are effective.

26.2.2 Adequate resources for the provision of sufficient information, instruction, and training, for defence personnel, visitors and contractors who may be exposed to vibration in the course of their duties/activities must also be made available.

Procurement or Acquisition Teams and Local Purchase

26.2.3 At the earliest opportunity, acquisition teams should evaluate predicted vibration exposure levels of the equipment/platform within the scope of the User Requirement. Any equipment/platform designed and/or purchased should be technically engineered to eliminate or reduce vibration exposure to the user to a level that is As Low As Reasonably Practicable (ALARP). Where the equipment is to be used in conjunction with an existing platform, a vibration survey should be undertaken to evaluate the amount of HAV/WBV produced by the combined effect of the equipment and the platform, before its introduction into service, when operated in accordance with the user requirement.

26.2.4 The results from vibration surveys/evaluation and supplier/manufacturer vibration emission data should be supplied to the operating TLB to enable suitable user risk assessments to be carried out on the equipment prior to use.

26.2.5 If the equipment is procured locally² (new or refurbished) and no vibration (manufacturer/supplier) emission data is available, a suitable and sufficient risk assessment should be carried out on the equipment to determine any potential for harm to the user(s). If the risk assessment identifies that there is a potential of HAVS/WBV to the user(s) a vibration survey should be carried out before the equipment is issued. However, where there is an urgent operational need the equipment may be issued after the risk assessment has been carried out and the vibration survey carried out as soon as is practicable. The supplier/manufacture emission data can be used as an initial source for the assessment of vibration risk to the user.

Commanding Officer (CO)/Head of Establishment (HoE)

26.2.6 The CO/HoE should assure ensure that where powered hand-tools and/or vibrating platforms (vehicles, ships, boats and aircraft) are used and exposure to vibration is likely to occur, sufficient resources are made available to perform risk assessments, implement control measures, monitor and record outcome and review.

26.2.7 CO/HoEs should ensure that sufficient information, instruction, and training regarding the hazards associated with activities on their site which may expose defence personnel to vibration are provided. Resources should also be made available for the provision of health surveillance/health monitoring programmes (JSP 375, Part 2, Vol 1, Chapter 14) where there is a risk of harm to defence personnel exposed to vibration in the workplace.

² Equipment if purchased within the EU should be CE marked to confirm that it meets minimum Health and Safety standards. The LPO should assure themselves that any equipment purchased outside the EU is confirms to a similar health and safety standard.

Managers

26.2.8 The Manager should ensure that where there is a risk of personnel being exposed to levels of vibration that may cause harm, all activities/processes (e.g. the use of vibrating tools or riding on/in vibrating platforms [forklifts, small fast boats, helicopters, 4x4 vehicles]) and the environmental conditions in which these activities are conducted are subject to a formal risk assessment. The risk assessment should be carried out in conjunction with a competent person.

26.2.9 Managers should contact their local health and safety advisor in the first instance for advice on the availability of competent vibration risk assessors. If the local health and safety advisor is unable to assist then Managers should contact their TLB Chief Environmental Safety Organisation (CESO) for advice.

26.2.10 Managers should for the purpose of the risk assessment, take into consideration any vibration information provided by the manufacturer/suppliers of the tools, or information provided by DE&S procurement and acquisition teams which may indicate that a user of the platform/equipment may be at risk of developing vibration exposure related injuries unless suitable control measures are implemented.

26.2.11 The findings of the risk assessments for the process/activity and the control measures (including provision of suitable and sufficient information, instruction and training on the possible effects and consequences, and how to manage the exposure) should be implemented and communicated to all those at risk and, on request, all interested stakeholders (trade union appointed safety representatives or other employee safety representatives etc).

26.2.12 Where the risk assessment has identified a risk of HAVS and/or WBV (including shock), health surveillance and/or health monitoring programmes is to be implemented in accordance with JSP 375, Part 2, Vol 1, Chapter 14. Managers should ensure that all defence personnel (new and existing) who are exposed to the risk of HAVS and/or WBV complete the appropriate health surveillance self assessment(s):

- Pre-exposure: **MOD Forms 5053 (HAV) and 5055 (WBV)**;
- Post exposure: annually, **MOD Forms 5054 (HAV) and 5056 (WBV)**.

26.2.13 Managers should refer any member defence personnel reporting a positive result on either pre-exposure or annual HAV/WBV self assessments or between assessments to either DBS-CHR for civilian personnel or local Services Medical Facility for Service personnel. The referral should be accompanied with a copy of the relevant MOD self assessment form (sealed in an envelope marked Official- Sensitive-Personal) together with a copy of the risk assessment.

Note: MOD Forms 5053 and 5056 are “Official-Sensitive-Personal” when completed managers have no right to see their contents.

26.2.14 A review of the risk assessment should be triggered if personnel report positive results on completion of the self assessment form.

26.2.15 Managers should keep a register of the assessments forms (existing and new) and identify whether a negative or positive response was recorded. The register should also detail what action has been taken if a positive response was recorded.

26.2.16 The Manager should ensure that suitable and sufficient training is provided to defence personnel who have been identified as working with vibrating tools or on/in vibrating platforms. The training should be updated if there are significant changes to work practises/introduction of new equipment. It should include (not exhaustive):

- the safe operation of the equipment;
- the findings of the risk assessment and explanation of the risks;
- reporting of injuries/developed conditions;
- safe working practises to minimise exposure to vibration (HAV/WBV).

Competent Risk Assessors

26.2.17 Competent risk assessors should have adequate knowledge, training and expertise in the assessment, evaluation and control of risks arising from exposure to vibration (HAV/WBV) together with knowledge of the process and/or equipment; how and in what environment the vibration may be caused/produced. The assessor should bring to the attention of the Manager the findings of the assessment and, if appropriate, explain the risks and the required control measures to manage those risks to reduce the effect of vibration exposure.

26.2.18 Details on sourcing internal competent advice and internal training providers for HAV management can be found at Annex B.

All Personnel

26.2.19 Defence personnel should follow all working arrangements that are put in place for their protection; take reasonable care when using vibration producing equipment, and/or use anti-vibration control devices in accordance with instruction and/or training, and attend appropriate training as required.

26.2.20 Smoking may put an individual at greater risk of injury from vibration due to combined adverse effects reducing blood flow; personnel who regularly work with vibrating equipment are therefore recommended to cut down or stop smoking.

26.2.21 A pre-exposure or annual health surveillance self-assessment form should be completed as appropriate (MOD Forms 5053 to 5056) if instructed by the Manager or if personnel experience any symptoms that may be related to exposure to vibration and are concerned about their HAV and/or WBV exposure and the potential affects to their health. Defence personnel should inform their Manager either of a negative or positive response, but need give no further detail:

- **Negative** - self assessments should either be posted or e-mailed to DBS-CHR (for civilian personnel) or handed in an envelope to the local Services Medical Facility (for Service Personnel) for filing with their personnel file.
- **Positive** - self assessments should be notified to the Manager and local health and safety adviser immediately. The Manager must arrange referral to the relevant occupational health provider for assessment. Civilian defence

personnel should hand the form (in a sealed envelope marked "Health Surveillance Form" along with their name and staff number to their Manager for onward transfer to DBS CHR. Service personnel should deliver the completed questionnaire to their local Services Medical Centre.

NOTE: These forms are "Official-Sensitive-Personal" once complete managers have no right to see them.

26.2.22 Personnel who experience any symptoms (see examples at paragraph 26.3.5) that may be related to exposure to vibration, either HAV or WBV, should inform their Manager immediately who will refer them for assessment to the appropriate occupational health provider to DBS-CHR for civilian personnel or local Services Medical Facility for Service personnel.

26.2.23 Personnel with inserted metalwork may need more frequent health monitoring for HAV/WBV, especially if exposure to HAV/WBV causes pain in the region of the inserted metalwork. If personnel have had operations which have included insertion of metalwork into the body (e.g. hip replacement, repair of a fracture with rods, pins or metal plate) and they are exposed in their normal duties to HAV and/or WBV they may wish to advise their Manager so that this can be considered in the risk assessment.

26.2.24 Personnel with cardiac pacemakers should seek advice from their cardiologist before being exposed to any significant WBV/Shock (i.e riding in a fast boat at sea/or riding in a vehicle travelling at speed over rough terrain).

Assessing the Risk

26.3.1 The hazard survey for all activities/equipment/platforms should identify the potential for HAVS/WBV/Shock. Typical activities that are a common cause of HAVS include the operation of:

- hammer action tools (e.g. hammer drill, rivet gun) for more than an average of 15 minutes (continuous) per day and/or;
- rotary and other action tools (e.g. angle grinder, chain saw, floor polisher) for more than 1 hour (continuous) per day.

WBV and shock can occur when operating or riding in/on the following equipment/platforms:

- any equipment/platform which vibrates (e.g. helicopters, motorcycles) and/or;
- the operation generates shocks/impacts (e.g. fast boats, vehicles on unmade roads, railway vehicles).

26.3.2 A formal risk assessment should be carried out in accordance with JSP 375, Part 2, Vol 1, Chapter 8 by a competent person (see Annex B) working in consultation with the Manager and the operators of the activity and/or equipment/platform. Vibration from equipment can potentially cause damage to other workplace equipment or structures; this may create additional safety risks (e.g. materials falling from overhead platforms or joints moving apart). Vibration may also affect the ability of personnel to read instruments or indicators, or to handle equipment controls. Although mainly associated with the driver,

crew or pilot, the exposure of passengers to WBV will need to be considered in the assessment.

26.3.3 The risk assessment should examine whether the activity/equipment/platform exposes personnel to risks from HAV and/or WBV/Shock, and special consideration should be given to:

- young persons (under age of 18);
- expectant mothers/and those who have recently given birth;
- personnel who already suffer from an existing injury (neck/back/circulatory problems), or a vibration related injury;
- personnel with prosthetic devices;
- personnel who have recently undergone surgery (e.g cardiac pacemaker hip replacement, or repair of a fracture with rods, pins or metal plates).
- personnel who have an existing medical condition affecting blood circulation (e.g. diabetes) they will be at higher risk of susceptibility to vibration related injury.

26.3.4 The risk assessment should also consider:

- magnitude, type and duration exposure including intermittent or repeated shocks;
- effects of vibration on the workplace and equipment e.g. reading of controls, handling, stability;
- availability of alternative equipment designed to reduce vibration;
- environmental conditions e.g. exposure to low temperatures, wet conditions (can increase vulnerability to vibration induced injury);
- information from health surveillance programmes or published guidance;

26.3.5 The risk assessment should detail the control measures to be taken to control exposure, and where appropriate, health surveillance/health monitoring requirements. The risk assessments should be reviewed annually or immediately following any significant changes to processes/ equipment/personnel which may mean that the existing assessment is no longer valid or if personnel report or exhibit any of the following symptoms):

- **HAVS**
 - blanching of fingers on exposure to cold and wet, becoming red and painful on recovery (known as vibration white finger);
 - attacks of numbness or tingling in fingers after using powered hand tools;
 - difficulty in picking up small objects.
- **WBV/Shock**
 - pain from any part of the neck, back, knees, hips, wrists or ankles;
 - nausea, headaches, dizziness, blurred vision.

Mitigation and Control Measures

26.4.1 The control measures identified in the risk assessment must be put in place to eliminate exposure risks from HAVS and/or WBV, or reduce the risk to As Low As Reasonably Practicable (ALARP) and mitigate the effects. The best solution is to eliminate the risk completely through introduction of automation/remote working technology or

alternative vibration-free processes; however solution this may not always be possible. Where the risk cannot be eliminated, the regulations require suitable control measures to be applied and exposure to vibration managed.

26.4.2 When developing control measures to reduce **HAV** the following approaches should be considered (list not exhaustive):

- reduce vibration exposures by modifying the existing process –
- reduce the exposure time and fatigue (e.g. through job rotation);
- replace the powered tools with ergonomic, reduced vibration equivalents;
- ensure maintenance of tools and equipment in accordance with manufacturers' instructions;
- select appropriate consumables (e.g. better balanced and fitting grinding wheels) and replace items as and when required;
- provide training, information and instruction on safe use of tools and equipment;
- ensure adequate supervision and health surveillance;
- minimise the forces needed to operate and control the tools (e.g. tensioners, balancers, jigs, fixtures);
- reduce the exposure time and fatigue (e.g. through job rotation);
- Environment:
 - if working in a hot environment, minimise the effect of personnel perspiration which can reduce their grip of tools or equipment causing increased risk of musculoskeletal issues by the personnel gripping the tool harder to compensate;
 - if working in a cold and/or wet environment the risk of vibration damage is increased. Controls should be put in place to reduce personnel exposure when working such environments. If in extremely low temperatures, use of vibrating tools should be reduced to the absolute minimum necessary or stopped entirely;
- monitor the effectiveness of control measures - consider whether further protective measures are needed, and introduce if appropriate.

26.4.3 When developing control measures to reduce **WBV/Shock** the following approaches should be considered (list not exhaustive):

- select the right equipment/vehicle/vessel suitable for the job;
- reduce the exposure time and fatigue (e.g. through job rotation)
- ensure that all vehicles/vessels fitted with suspension seating prevent the seat suspension 'bottoming out' when travelling over rough ground/seas;
- the driving seat position is adjusted correctly and that all foot and hand controls are within easy reach with no twisting of the body required;
- ensure maintenance of vehicles/vessels is in accordance with manufacturer's instructions;
- provide training, information and instruction on safe use of vehicles/vessels to reduce WBV risks and of risk factors of how activities such as manual handling and poor posture that can contribute or compound WBV injuries;
- plan routes to avoid where-ever possible shocks and jolts, e.g. adjust vehicle/vessel speed/direction to suit the conditions; avoiding activities which will result in excessive bumping, slamming and jolting to persons riding in the vehicle/vessels;

- wear adequate clothing to provide thermal protection to reduce possibility of musculoskeletal injuries through exposure to cold and wet environments;
- monitor control measures to consider whether further protective measures are needed, and introduce if appropriate.

Exemptions

26.5.1 The provision in the CVAW and CVAW(NI) Regulations allows the Secretary of State for Defence to exempt a person or class of persons from specified parts of the specific regulations. Exemptions under MSFV(CVW) Regulations would be via the route described in [MCA 446](#).

26.5.2 An exemption from the Regulations will only be granted where the Secretary of State for Defence (SofS) is satisfied that the person or class of persons involved in activities detailed in an exemption case submission (ECS) are carried out in the interests of national security. Any exemption granted will be time limited (maximum of five years), and be subject to conditions. Where the provisions of the Regulations cannot be complied with and an exemption is granted, control measures must be put in place to mitigate the activity to a level that is as Low As Reasonably Practicable (ALARP) and minimises the risk to the health and safety of the person or class of persons concerned.

26.5.3 The ECS must contain a reasoned argument to demonstrate that in order to protect national security (operational capability) that defence is reliant on the exemption being granted, and the conditions stipulated in the regulations have been satisfied. The ECS must include the following information:

- the type of person, or class of person being exempted;
- the name and purpose of the particular equipment/system/activity giving rise to the problem;
- an outline of the problem and its magnitude – i.e. without exemption how particular activities (e.g. training) will be adversely affected, numbers of people placed at potential risk, the impact on front line operational capability (e.g. military tasks that will become impossible to undertake, or otherwise severely hampered) etc;
- actions undertaken and/or considered to comply with the regulations – where compliance is being ruled out on cost grounds, cost data is to provided;
- an action plan for compliance with the regulations in the short, medium and long term – i.e. proposed mitigation measures to reduce the risk to a level as reasonably practicable, likely costs and timescales, etc;
- the time period for which the exemption is required (limited to a maximum of five years) and the rationale for it;
- the plan for assessment of defence personnel undertaking the activity and provision of suitable and appropriate health surveillance/health monitoring;
- where renewal of an existing exemption is being sought, details on the success or otherwise of the previous action plan, including the results of health surveillance/monitoring.

26.5.4 The preparation of the ECS will require input from operating authorities, acquisition teams and medical personnel etc. as appropriate. The draft ECS should be

passed for scrutiny to the relevant subject matter experts within the appropriate Defence Regulators Domains (e.g if the activity is land based then the submission will go to the Defence Land Safety Regulator, if the activity takes place on or near water then the submission will go to the Defence Maritime Regulator etc) for scrutiny. If the ECS is unsuccessful, the activity is to be discontinued until such time as it can be made compliant with the regulations.

26.5.5 After passing scrutiny, the sponsor should forward the completed ECS to SofS for signature. A copy of the signed exemption certificate should go to DSA.

Retention of Records

26.6.1 All vibration and risk assessments, health monitoring, training, and maintenance records etc should be kept for a period of no less than 60 years and in accordance with JSP 375, Part 2, Vol 1, Chapter 39 - Retention of Records.

Related Documents

26.7.1 The following documents should be consulted in conjunction with this chapter:

JSP 375, Part 2, Vol 1

- Chapter 02 - Office & General Workplace Safety
- Chapter 08 - Risk Assessment
- Chapter 14 - Health Surveillance and Monitoring
- Chapter 16 - Accident/Incident Reporting and Investigation
- Chapter 15 - PPE and RPE
- Chapter 22 - Work Equipment
- Chapter 39 - Retention of Records

Other MOD Guidance

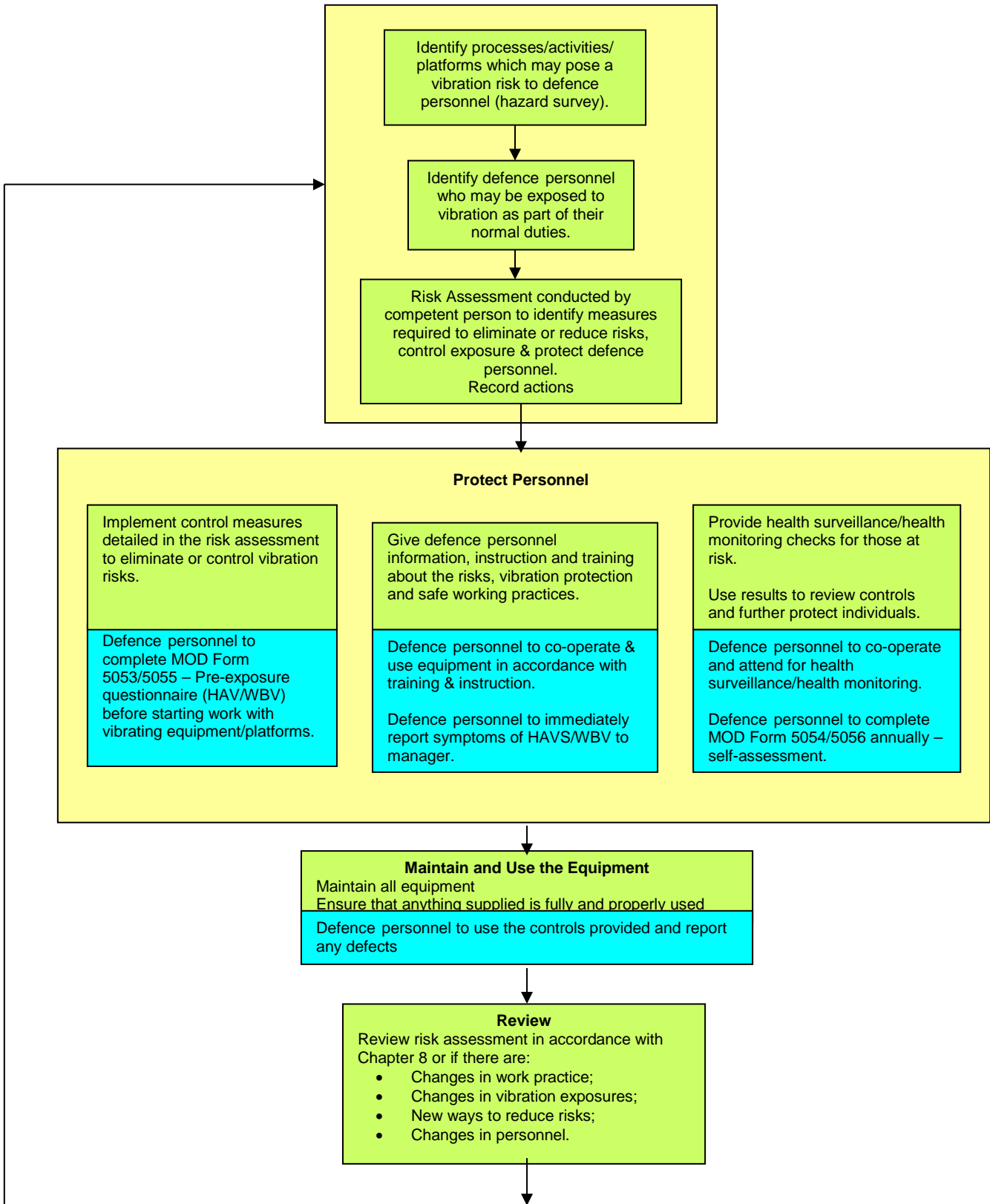
- JSP 950 – Medical Policy;
- JSP 768 – Defence Clothing Catalogue;
- JSP 815 – Defence Environment and Safety Management;
- JSP 800 – Defence Movements and Transport Regulations;
- DIN 2015DIN06-025: Health Monitoring and Accident; Reporting Programme for Whole Body Vibration – Small Boats, Planning Watercraft and Landing Craft.

Legislation and Guidance

- [Legislation.Gov.uk – The Control of Vibration at Work Regulations](#)
- [Legislation.Gov.uk - The Supply of Machinery \(Safety\) Regulations.](#)
- [Gov.uk – MCA – Merchant Shipping and Fishing Vessels \(Control of Vibration at Work\) Regulations](#)
- [HSE – Vibration Advice Resource Centre](#)
- [HSE – ACOP - L140 – Hand-Arm Vibration: The Control of Vibration at Work Regulations;](#)

- [HSE - INDG175 – Control of the Risks from hand-arm vibration - Advice for employers on the Control of Vibration at Work Regulations;](#)
- [HSE - INDG296 – Hand-Arm Vibration – Advice for Employees;](#)
- [HSE – ACOP –HSG 170 - Vibration Solutions - Practical Ways to Reduce The Risk of Hand-Arm Vibration Injury;](#)
- [HSE – INDG 242 - Control Back-Pain Risks Whole Body Vibration – Advice for Employers on the Control of Vibration at Work Regulations;](#)
- [HSE – ACOP - L141 – Whole Body Vibration: The Control of Vibration at Work Regulations;](#)
- [HSE – INDG 404 – Drive Away Bad Backs – Advice for mobile operators and drivers](#)
- [HSE –Whole Body Vibration Calculator](#)
- [HSE – Whole Body Vibration in Ports – Risk of Developing Back Pain Wwhen Using Port Machinery](#)
- [HSE – Musculoskeletal Disorders Resource Page](#)

Managing Vibration Risks Flow Chart



Competence

Obtaining Advice

1.1 The local health and safety advisor should be the initial point of contact for advice on the availability of competent assessors to undertake a vibration assessment. If the local health and safety advisor is unable to assist then Managers should contact their MOD Occupational Hygienists or their TLB Chief Environmental Safety Organisation (CESO) for advice.

1.2 If competent advice is not available locally or from the TLB CESO, specialist in-house advice and expertise is available from the departments listed in Table 1; these resources are limited and priority will be given to the defence personnel from the appropriate owning TLB.

Royal Air Force Head of Noise and Vibration Division	Army Army Medical Directorate	Royal Navy Head of Acoustics and Vibration
RAF Centre of Aviation Medicine RAF Henlow Bedfordshire SG16 6DN Tel: 95381 7041	Environmental Monitoring Team Former Army Staff College, Slim Road, Camberley, GU15 4NP Tel: 94261 2726	Institute of Naval Medicine Alverstoke Gosport Hampshire PO12 2DL Tel: 9380 68080

Table 1: Source of MOD Internal Competent Vibration Advice

1.3 If the above in-house expertise is unable to provide the service required, the Manager should contact their TLB CESO for guidance in sourcing external competent advice/support.

Training

2.1 Defence personnel who require training to become a competent assessor for vibration risk should undertake a suitable accredited training course. The MOD has a limited in house capability for the provision of accredited training run by the Institute of Naval Medicine (INM) at Gosport:

- The “Management of Occupational Exposure to Hand/Arm Vibration” is a 5 day course designed for those responsible for the hand/arm vibration management in the workplace. Successful candidates will be awarded a certificate by the accreditation body, the Institute of Acoustics. Advice and application forms can be obtained from Head of Acoustics and Vibration, INM on 023 9276 8080 or Military 9380 68080.
- There are currently no internal training courses for Whole Body Vibration risk assessment.

2.2 Defence personnel who have completed appropriate training and have appropriate experience to qualify as competent vibration assessors should notify their local health and safety advisor.

Template EXEMPTION CERTIFICATE (...name of Regulations and date...)

1. For persons undertaking [...name of activities to be exempt.....] using [.....name of equipment/system.....].

2. [... name of Regulation and date....] cannot be complied with fully when undertaking [...name of activities to be exempt.....] using [.....name of equipment/system.....].

3. I having considered the case made for exemption at Ref [...Exemption Case Submission reference...] do hereby exempt, in accordance with the power vested in me by virtue of regulation [.....number...] of [.....name of Regulation and date....], in the interests of national security, all persons undertaking [...name of activities to be exempt.....] using [.....name of equipment/system.....].

4. This exemption is granted subject to the following conditions:

- a.
- b.
- c.

5. I may vary or revoke this Exemption at any time by a certificate in writing, and in any event this Exemption shall expire, unless renewed, on [...date...].

Signed..... Date.....
Secretary of State for Defence/Director DSEA

Certificate No:.....

