

# Vibration Policy

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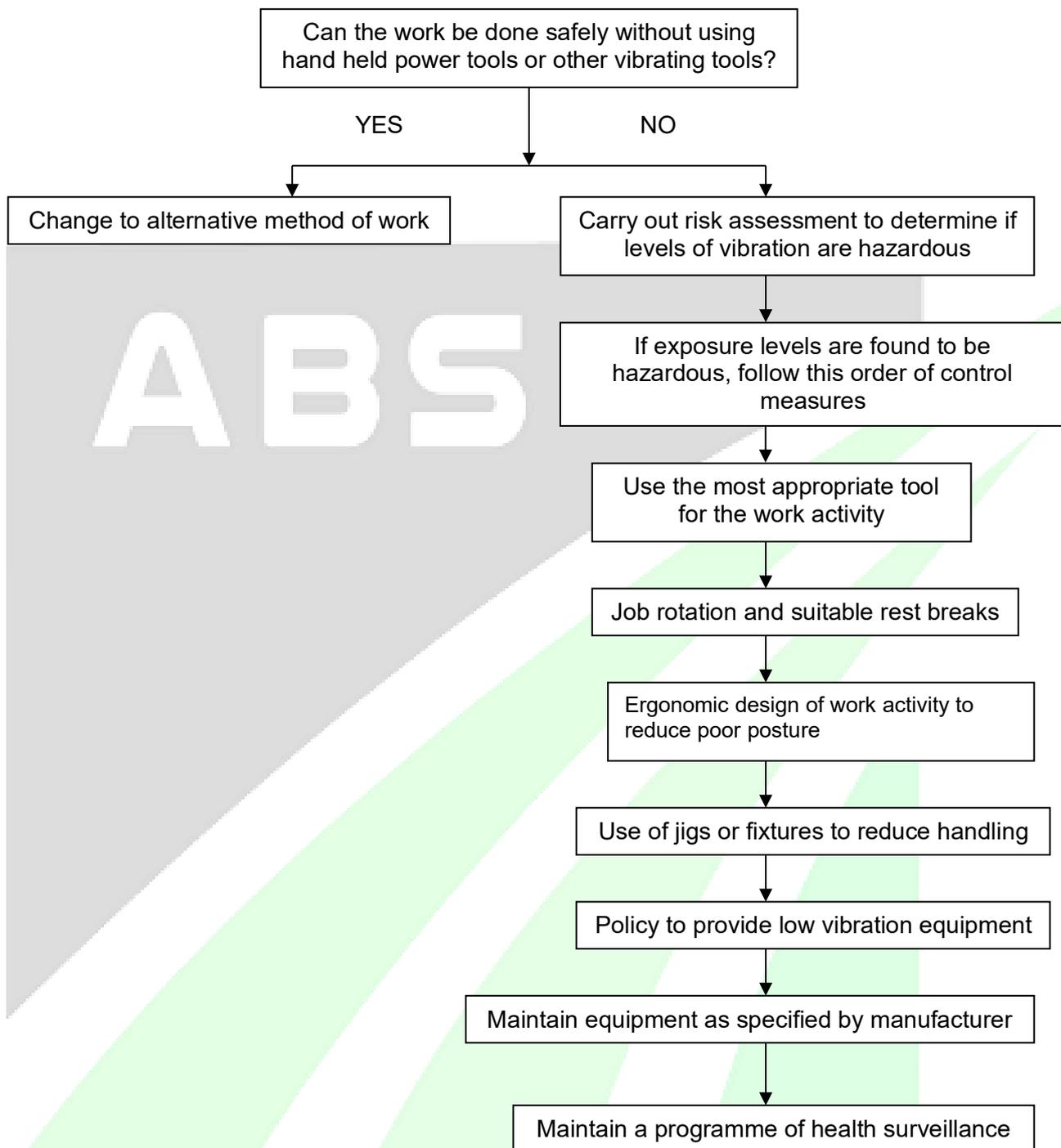
## Introduction

A Bright Solution Ltd. recognise that regular exposure to continuous vibration from the work process has the potential to cause long-term ill health to a range of occupational diseases collectively known as hand-arm vibration syndrome (HAVS).

### It is our policy to:

1. Assess the risks to health from exposure to continuous levels of vibration, and determine the control measures needed.
2. Introduce effective control measures to ensure levels of exposure to HAVS are eliminated or reduced as far as is reasonably practicable.
3. Record the assessments, and review them periodically or when changes occur.
4. Ensure that the most appropriate equipment is used for the job.
5. Ensure that those persons responsible for managing work likely to result in exposure to HAVS are adequately trained and competent.
6. Inform, instruct and train staff about the risks and the precautions to be taken to protect themselves from the harmful effects of continuous exposure to vibration.
7. Ensure no new equipment or processes are introduced into our work activities where there is a foreseeable risk of HAVS without a risk assessment and approval of a designated manager.
8. Maintain an inventory of all vibration equipment used that is likely to cause HAVS.
9. Monitor exposure of HAVS, and undertake appropriate health surveillance, where necessary.
10. Maintain tools to the manufacturer's specifications to avoid worsening vibration.

## HAND – ARM VIBRATION SYNDROME PROCEDURE



## **APPENDIX A: GUIDANCE ON HAND ARM VIBRATION**

### **HAND/ARM AND WHOLE BODY VIBRATION SYNDROME**

You are at risk of injury if you use high-vibration hand-held tools and vehicles such as:

- drills
- jack hammers
- chainsaws and other woodworking machines
- power hammers such as caulking and chipping hammers
- concrete breakers
- percussive drills

#### **WHEN DOES THE RISK INCREASE**

- when you use power tools for a long time
- when the vibration levels are high
- when you get cold and wet
- when you have to grip tightly
- when it is awkward for you to use
- When equipment is poorly maintained, ie. drill bit not sharp

#### **WHAT ARE THE WARNING SIGNS**

- pins and needles and/or numbness in your fingers, especially at the end of the day
- problems picking things up in cold weather
- the tips of your fingers may go white
- your fingers may become pale and you may lose the feeling in them
- when returning to a warm room after being out in the cold, your hands may go red and feel really painful



A Bright Solution Ltd. aim to reduce hand-arm vibration and whole body vibration to a level that is as low as reasonably practicable by:

- Reducing/eliminating the work to be carried out using high vibration tools.
- Shall purchase tools with vibration controls built in.
- Ensure work is carried out to give employees breaks from using vibrating tools
- Training shall be given in the correct use of tools and how to recognise early symptoms of injury
- Arrange for advice and routine health checks for employees who have early symptoms
- Supply gloves to be worn when operating vibrating machinery or tools

A Bright Solution Ltd. aim to reduce whole-body vibration to a level that is as low as reasonably practicable by:

- Purchase or adaptation of machinery and vehicles to incorporate low vibration features
- Training operators and drivers to make them aware of the importance of such things as correct posture, seat adjustment (including weight adjustment for suspended seating) and tyre pressures

## EMPLOYEES

If you are an employee, you should:

- tell supervisors if equipment is faulty - faults with equipment often result in greater levels of vibration, so get them fixed
- take regular breaks or change jobs often if the work is repetitive
- use low vibration tools or tools with low vibration handles wherever possible

try to keep the hands and body warm by wearing gloves and weatherproof clothing, warming up before starting the job, keeping warm when you take breaks and massaging your hands and fingers

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19. Monitor exposure of HAVS, and undertake appropriate health surveillance, where necessary.
20. Maintain tools to the manufacturer's specifications to avoid worsening vibration.

Signed.....  
Mick Barrett  
Director  
8th August 2025

Signed.....  
Sam Pailor  
Director  
8th August 2025