







VIBRATION MAGNITUDE m/s ²	EXPOSURE POINTS	TIME TO REACH EAV	TIME TO REACH ELV	COLOURED RISK RATING	GUIDANCE
2.5	13	8hrs	24hrs		Vibration Magnitude – This is the amount of vibration generated by the equipment that goes through your body;
3	18	5hrs 33 min	22hrs 13 min		EAV - The exposure action value [EAV] is the daily amount of vibration exposure which employers are required to take action to control exposure; ELV – The exposure limit value [ELV] is the absolute maximum amount of vibration an employee may be exposed to on any single day. It is important that this limit is never exceeded;
3.5	25	4hrs 05 min	16hrs 20 min		
4	32	3hrs 08 min	12hrs 30 min		
4.5	41	2hrs 28 min	9hrs 53 min		
5	50	2hrs	8hrs		
5.5	61	1hrs 39 min	6hrs 37 min		
6	72	1hrs 23 min	5hrs 33 min		
6.5	85	1hrs 11 min	4hrs 44 min		
7	98	1hrs 01 min	4hrs 05 min		
7.5	113	53 min	3hrs 33 min		
8	128	47 min	3hrs 08 min		When conducting a task that requires the use vibration generating equipment, you must monitor your own usage and complete the Operational Vibration Exposure Record when using tools marked red. The record allows you and your supervisor to monitor the amount of vibration you are exposed to, and prompts when changeover is required so you will never be exposed to more vibration than necessary. Remember once you reach the ELV you can no longer continue using equipment that generates vibration! See your supervisor to be issued another task.
8.5	145	42 min	2hrs 46 min		
9	162	37 min	2hrs 28 min		
9.5	181	33 min	2hrs 13 min		
10	200	30 min	2hrs		
10.5	221	27 min	1hrs 49 min		
11	242	25 min	1hrs 39 min		
11.5	246	23 min	1hrs 31 min		
12	288	21 min	1hrs 23 min		
12.5	313	19 min	1hrs 17 min		
13	338	18 min	1hrs 11 min		
13.5	365	16 min	1hrs 06 min		
14	392	15 min	1hrs 01 min		

The above information on EAV and ELV is sourced from the HSE website <http://www.hse.gov.uk/> A Red, Amber or Green (RAG) rating is given for vibration emissions and is based on the Health and Safety Executives published regulations and guidance. The limits used are: 5 m/s² and above = Red 2.5 m/s² to 5 m/s² = Amber 2.5 m/s² and below = Green










KEY	Low	Medium	High
Vibration Exposure Risk Rating:			

When using vibrating equipment, YOU MUST:

- Use the tools and equipment as per manufacturers guidance and safe use;
- Keep your hands warm and dry during use;
- Once the daily exposure time has been reached, DO NOT USE any other items of vibrating equipment as the daily ELV maximum time will be exceeded
- Ensure all ancillary equipment and consumable are sharp and in good working order. DO NOT force equipment or use blunt chisels, picks or drill bits, as this increases the vibration magnitude of the equipment and the vibration exposure level;
- Equipment must be maintained and must be in good working order prior to use;
- Spread the use of vibrating equipment across the shift;

REMEMBER TO REST AND ROTATE REGULARLY

DO NOT EXCEED THE EXPOSURE LIMIT VALUE!

Make & Model	Image	Vibration Magnitude m/s ²	Points per Hour	Time to Reach Exposure Action Value	Time to Reach Exposure Limit Value	Coloured Risk Rating
Petrol Saws						
Stihl TS410		3.9	30	3hrs 17mins	13 hrs 09 mins	
Drills						
Makita sds drill dhr241z		Drilling 2.5	13	8hrs	>24hrs	
		Hammer Drilling 12.5	313	19 mins	1hr 17mins	
Makita impact driver DTD170Z		15.5	481	12	50	
Makita pulse driver DTS141ZJ		7	98	1hr 1 min	4hrs 5 mins	

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Vibration Exposure Risk Rating:	