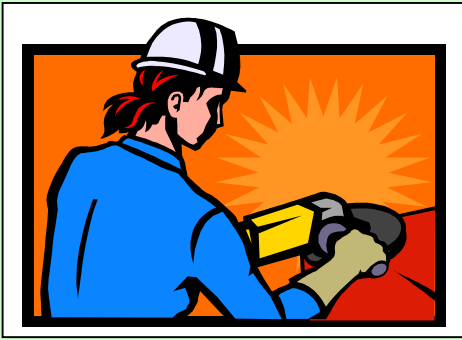


## SOLUTIONS IN HAND ARM VIBRATION



### Hand Arm Vibration - What is it?

Vibration transmitted into the hands and arms when using hand held powered equipment.

### Is there a problem with it?

Yes, it can cause a complaint known as Hand Arm Vibration Syndrome with symptoms that include tingling, numbness, loss of strength and dexterity and pain.

### Does it matter?

Yes, because every employer should avoid the risk of damaging the hands and arms of their employees. These requirements are a legal duty and you need to comply. In fact the law has recently been introduced.

### Why should we bother?

It will save you money on insurance, compensation and legal sanctions. It will also lead to a happier workforce, increases in productivity and potential business growth. It is good to let your customers know that you take health and safety seriously and to be able to demonstrate that you are a company that believes in quality.

### What should we do?

Speak to JRL Solutions Ltd who will provide basic advice on how to proceed and at your request will visit and carry out the requirements for you.

Hand Arm Vibration assessment is specialised and requires competency and appropriate equipment.

### What does the assessment entail?

By looking at the work being done and the people who may be exposed to damaging vibration. Manufacturers data is studied and measurements of vibration may be taken to determine vibration levels using the correct vibration monitoring equipment. Following calculation the findings are evaluated and recommendations are made to reduce the risk from vibration.

### Is there anything else we should do?

Yes, the assessment may show it is necessary to train your people in your vibration reduction procedures.

### If you have a problem contact us for a solution at :-

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**We do not leave you with the problem but work with you to solve it.**

### My personal guarantee

JRE Leigh BSc (Hon), CEng, CMIOSH, MIIRSM, MIMM  
Chartered Health and Safety Practitioner  
Director of JRL Solutions Ltd

 JRL SOLUTIONS LTD

**Consultancy Advice and Training in  
Occupational Health, Hygiene and Safety  
to solve a wide range of issues for organisations**