

## SOLUTIONS IN WHOLE BODY VIBRATION



### Whole Body Vibration - What is it?

Shaking and jolting of the body through a supporting surface when driving or riding on some vehicles or standing on some vibrating surfaces.

### Is there a problem with it?

Yes, it can cause bad backs and other musculoskeletal problems.

### Does it matter?

Yes, because every employer should avoid the risk of damaging the backs 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.

Whole Body Vibration assessment can be specialised and requires competency and sometimes appropriate measuring 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 might be necessary to determine vibration levels using the correct vibration monitoring equipment. 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 :-

**JRL Solutions Ltd**  
Registered Office  
6 Bedale Avenue  
Hinckley  
Leicestershire  
LE10 1ST  
Company Number 05952804  
Registered in England

Tel +44 01455 635985  
Tel +44 01455 616886  
Fax +44 01455 635985

E Mail [enquiries@jrl-solutions.com](mailto:enquiries@jrl-solutions.com)

Web [www.jrl-solutions.com](http://www.jrl-solutions.com)

**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**