TOOLBOX TALKS

Reddan Contractors, 438 Southchurch Road, Southend-on-Sea, SS1 2QA

Tel: 01702 616061

Email: helpdesk@reddan.co.uk

Toolbox Talk Details	
Title	B21 - Whole-body vibration
Reason	Workers should be protected from excessive exposure to whole-body vibration. Prolonged exposure to whole-body vibration can cause a range of short and long-term health issues.
Outline	This talk covers the sources of whole-body vibration and the steps that can be taken to reduce the risk.

What is whole-body vibration?

1. Whole-body vibration (WBV) is transmitted through a surface (such as a machine seat or the floor) that is supporting the body.

2. Jolting, vibration and shaking of the body can cause neck, hip, leg or back injuries, or make an existing back condition more painful.

Activities that can cause WBV

1. WBV often results from driving or operating some types of construction plant or vehicles.

2. Mobile machine operators and drivers (especially those who work off-road on uneven ground) may be at a higher risk of exposure to WBV.

3. The risk of exposure may be higher for operators who are pregnant, or for those with existing joint conditions.

Sources of WBV

1. Plant and equipment that can expose workers to the risk of WBV include:

- rough-terrain forklift trucks and telehandlers
- vibrating rollers
- mobile crushers, excavator breakers or crusher attachments
- large dumper trucks and other forms of earth-moving machinery (such as scrapers, bulldozers and building-site dumpers)
- mobile cranes, if driven long distances
- vehicles required to travel on rough terrains.

Controlling WBV

1. Most exposure to WBV at work is unlikely to cause injury on its own. The risk from vibration is related to the overall time the operator or driver is exposed to the vibration and the number of shocks and jolts they experience each day.

2. WBV can be controlled in different ways, for example:

- improved technology in mobile plant (such as better suspension)
- cushioning the driver's seat
- providing operator training and ensuring smooth operation of machines
- introducing job rotation and enforcing scheduled rest breaks
- creating even-haul roads and traffic routes and enforcing speed restrictions.

3. Early reporting of symptoms, proper treatment and suitable rehabilitation is essential.

Things to consider
1. Recognise when you may be at risk – ask to see the risk assessment. 2. Wear your seat belt. It not only protects you in an accident but helps to restrain you when working, to minimise bumping and jarring in your hip and back joints. 3. Report any defects, such as loose seat mountings, loss of seat cushioning, or a noticeable increase in vibration. 4. Stick to the site speed limits and operate plant smoothly to reduce the jolting and jarring on your body. 5. Use machines that are the correct size and capacity for the task.

Revision Date	Assessed By	Signature
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