



HS39: HAVS exposure record

1 Introduction

Use this record to help you decide what the workers' exposure is likely to be as part of a vibration risk assessment. There is no legal requirement for continual monitoring and recording of vibration exposure. To do so is probably not a good use of your or your employees' time, unless there are very specific circumstances e.g. If there are particular workers who, following medical advice, have restrictions placed on their vibration exposure, then it would be sensible to have a system in place to make sure that that restricted level was not being exceeded.

Contract/Job Name	Somerton Car Wash, Newport
Contract/Job Number	Garage Demolition, Cromwell Rd, Newport

[illegible]

[illegible]

400 points per day = exposure limit value (ELV)

Vibration (m/s ²)	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5
Points per Hour	5	8	13	18	25	32	41	50	61	72	85	98	113	128	145	162	181

Vibration (m/s ²)	10	11	12	13	14	15	16	17	18	19	20	22	25	30
Points per Hour	200	242	288	338	392	450	512	578	648	722	800	968	1250	1800