



# Whole Body Vibration; Daily Exposure Guide ©

**To use chart**

- Identify machine vibration level on the left.
- Compare the time of use with those at the bottom of the chart.
- The point at which the two lines meet indicates the operator's "Daily Exposure Level or A(8)".
- Compare this with the action levels below to identify action required.

**Example**

If a machine has a vibration level of 1.25m/s<sup>2</sup> it could be used for up to 1 ¼ hours to remain below the first action level or it could be used for up to, but not more than, 6 ¾ hours if control measures are implemented.

**Alternatively**

If a job is to take 2 hours to complete a machine vibrating at up to 1.0m/s<sup>2</sup> could be used without control measures or up to 2.3m/s<sup>2</sup> if control measures are implemented.

*This chart is designed as a guide to clients on the requirements of The Control of Vibration at Work Regulations 2005. All users must be familiar with the current legal status of this Regulation as well as the control measures required for each A(8) value.*

