

**EMPLOYEE TRAINING RECORD**

**TRAINING TITLE**      **Vibration**

**KEY TEACHING POINTS**

- **Vibration exposure occurs in two ways:**
  - **Whole body vibration exposure (i.e., driving over bumpy terrain).**
  - **Hand-arm vibration exposure (i.e., operating a vibrating hand held tool).**
- **Whole body vibration affects the entire body and may cause lower back pain and disorders of joints and muscles.**
- **Hand-arm vibration exposure causes white finger disease or Raynaud's phenomenon which affects the fingers. Early symptoms of white finger are tingling and numbness of the fingers, especially when exposed to cold. Prolonged vibration exposure may result in blanching of the fingers, persistent numbness and loss of grip.**
- **It is possible to prevent white finger disease by reducing exposure time and using:**
  - **Vibration free equipment**
  - **Vibration absorbing mounts or shock absorbers**
  - **Vibration absorbing handles and vehicle seats**
  - **Vibration absorbing gloves.**

**TEST**

QUESTION	ANSWERS	
	TRUE	FALSE
1. Reducing the exposure time is one way to protect against vibration.		
2. Vibration may be a cause in low back pain.		
3. You cannot injure your joints and muscles with vibration.		
4. Early symptoms of white finger are tingling and numbness of the fingers.		
5. White finger disease is caused by gripping a handle to hard.		
<b>EMPLOYEE'S NAME</b>	<b>EMPLOYEE'S SIGNATURE</b>	<b>DATE</b>
<b>INSTRUCTOR'S NAME</b>	<b>INSTRUCTOR'S SIGNATURE</b>	<b>DATE</b>

1. True 2. True 3. False 4. True 5. False