



## Hand-Arm-Vibration form.

If you don't have access to VibeCalc, then log all your 'trigger time' on the form below instead.

Pass the completed form to your supervisor or admin staff, so that they can input the data into VibeCalc on your behalf.

Be careful not to exceed daily exposure limits set by your employer. If in doubt, you can ask someone to access VibeCalc for you, to check figures, and to make sure you don't use a tool for so long that it could cause you harm.

Even if you're not near to your limits, ensure you always follow other safe working practices, such as taking regular breaks, don't get too cold (wrap up warm & dry), inspect your tools to make sure they're in good condition, consider whether there are tools with lower vibration rates that you could use instead (e.g., remote-controlled machines, ride-on machines, tools with inbuilt vibration-damping components, tools with the engine backpack-mounted instead of handheld, larger tools to do the job quicker, etc).

Today's day and date:

Your name:

Tool used (manufacturer, model, asset ID, type of tool).	Hours and minutes of 'trigger-time'.	Points per hour (if known)	Total points (hours x points-per-hour)

Today's total points: