

HAND ARM VIBRATION RECORD SHEET

Project:

Date:

Site Address:

Exposure Action Value EAV/ Exposure Limit Value ELV

Time	Name	Tool Used	Vibration Magnitude m/s ² r.m.s	Exposure point per hour	Time to reach EAV 2.5 m/s A/8		Time to reach ELV 2.5 m/s A/8		Exposure Duration Time		Daily Exposure Points m/s ² A/8	Total Exposure Points	Users Signature
					Hrs	Mins	Hrs	Mins	Hrs	Mins			
<i>E.g- 12.00</i>	<i>John Smith</i>	<i>5" Angle Grinder</i>	<i>7.2</i>	<i>105</i>	<i>0</i>	<i>57</i>	<i>3</i>	<i>50</i>	<i>1</i>	<i>0</i>	<i>3.6</i>	<i>208</i>	