

Take control – Being hit by moving objects

Exposure to mechanical vibration >

**Information to help you prevent workplace injury and disease.
By identifying causes and assessing and controlling risks you
can take control of health and safety in your workplace.**

Risk indicators in the workplace

Some things to look for include:

- Situations in which an employee's whole body is shaken up and down, side to side, or back to front (for example, working in vibrating mobile equipment, tractors, aircraft, trucks, buses, and so on);
- Situations in which employees use tools which vibrate, such as pneumatic drills, chain saws, chipping hammers and grinders; and
- Employees reporting problems in being able to keep control of vibrating machinery.

Examples of what can be done to stop such occurrences from happening

Employers should, for example, make sure that:

- Vehicles and tools are purchased which have been designed to keep to a minimum the amount of vibration they produce (for example, purchase suspension seats and cabs which are mounted in isolation from the engine);
- If design features or engineering controls are ineffective in reducing the level of vibration, establish job rotation and regular work breaks for employees working on those tasks; and
- Regular servicing is carried out on machines, and vibrating parts are replaced or repaired as needed and the amount of grinding, chipping or drilling is kept to a minimum.

To find out more

The [Workplace Health and Safety Act](#) and the [Workplace Health and Safety Regulations](#) outline the minimum standards and the process to manage occupational health and safety in your workplace.

Specific regulations to note in respect of this topic are:

Regulation 58	Exposure to Certain Risks
Regulation 84	Design of plant
Regulation 85	Manufacture of plant
Regulation 86	Importation and supply of plant

putting safety first >



[Australian Standards](#) are available from the Territory Construction Association, phone 8922 9666. Australian Standards can be viewed online by visiting the Northern Territory Library, Parliament House, phone 8999 7177.

Australian Standards applicable to this topic include:

- [AS 2670](#) Evaluation of human exposure to whole body vibration (series)
- [AS 2763](#) Vibration and shock – Hand transmitted vibration – Guidelines for measurement and assessment of human exposure
- [AS 2972](#) Vibration and shock – Isolators – Procedures for specifying characteristics
- [AS 2625](#) Rotating and reciprocating machinery – Mechanical Vibration

NT WorkSafe kindly acknowledges WorkCover SA.

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