



PERSONAL LEARNING CPD

## Certificate of Engagement

Date of issue: 16 May 2026

Certificate in Hand-Arm Vibration Syndrome (HAVS) Two-Day Course, September 2024,  
Friday 20 September 2024

### Personal Learning Statement

Following my attendance at the above event, my key learning points are as follows:

*To improve knowledge of safe working practices, reduce risks in the workplace, and help to create a more compliant, safer work environment.*

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The implications for my practice are as follows:

*identify where there might be a risk from vibration and who is likely to be affected;  
contain a reasonable estimate of employees' exposures;  
identify what needs to be done to comply with the law, eg whether vibration control measures are needed and, if so, where and what type;  
identify employees who need to be provided with health surveillance and whether any are at particular risk.  
Identifying signs and symptoms at an early stage is important & employees need to report these to their employers*

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I have undertaken the following further reading and activities to consolidate my learning and reflected on its relevance to my practice:

*HSE L140  
RIDDOR 2013  
Control of vibration at work 2005  
Equality act 2010  
Course material  
Dr Roger Cook publication*

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Time spent reflecting on the course content and learning objectives\*

**8 hour(s)**

\* You are accountable for recording your own learning time.