

Only complete the information required in the 6 yellow boxes below

ACTIVITY:

Using the nail gun- This process in one hour per day. However many breaks will occur during this task, it is highly unlikely that the EAV daily action level of 2.5 m/s² will every be exceeded. So no additional control measures are required at the present time. Worse scenario 1 Hour total per day.

Power Tool in use (Detail make and model)

BOSTITCH MB2140

Vibration magnitude m/s² r.m.s

2.5

Estimated trigger time per single operation (Sec)

60

Quantity of operations allowed per shift

1

Trigger time in minutes 1 = 0 Hours 1.00 Minutes

CONTROL BOX COLOUR KEY

- Adjust the quantity of operations allowed until all 4 control boxes show a green result (below the daily and total action values)
- Where the number of operations results in an orange control box (between the lower and upper exposure levels) then the control measures identified must be followed.
- Where a red control box occurs then the action levels have been exceeded and cannot be accepted.

VIBRATION CONTROL BOXES (Both apply)

| DAILY VIBRATION ACTION LEVELS | | | |
|-------------------------------|-----|-------|-------|
| | | Daily | Total |
| EAV - Exposure Action Value | EAV | 2.5 | 100 |
| ELV - Exposure Limit Value | ELV | 5 | 400 |

| Daily exposure m/s ² A (8) | Total Exposure points |
|---------------------------------------|-----------------------|
| 0.11 | 0 |

CONTROL MEASURES : Control measures are not required as long as the quantity of operations is not exceeded

VIBRATION EXPOSURE POINTS READY RECKONER

| VIBRATION MAGNITUDE m/s ² | DAILY EXPOSURE TIME | | | | | | | | | | |
|--------------------------------------|---------------------|-----|------|------|------|------|------|------|------|------|-----|
| | 15m | 30m | 1h | 2h | 3h | 4h | 4h | 5h | 8H | 8h | 10h |
| 40 | 800 | | | | | | | | | | |
| 30 | 450 | 900 | | | | | | | | | |
| 25 | 315 | 625 | 1250 | | | | | | | | |
| 20 | 200 | 400 | 800 | | | | | | | | |
| 19 | 180 | 360 | 720 | 1450 | | | | | | | |
| 18 | 160 | 325 | 650 | 1300 | | | | | | | |
| 17 | 145 | 290 | 580 | 1150 | | | | | | | |
| 16 | 130 | 255 | 510 | 1000 | | | | | | | |
| 15 | 115 | 225 | 450 | 900 | 1350 | | | | | | |
| 14 | 98 | 195 | 390 | 785 | 1200 | | | | | | |
| 13 | 85 | 170 | 340 | 675 | 1000 | 1350 | | | | | |
| 12 | 72 | 145 | 290 | 575 | 865 | 1150 | 1450 | | | | |
| 11 | 61 | 120 | 240 | 485 | 725 | 970 | 1200 | 1450 | | | |
| 10 | 50 | 100 | 200 | 400 | 600 | 800 | 1000 | 1200 | | | |
| 9 | 41 | 81 | 160 | 325 | 485 | 650 | 810 | 970 | 1300 | | |
| 8 | 32 | 64 | 130 | 255 | 385 | 510 | 640 | 770 | 1000 | 1200 | |
| 7 | 25 | 49 | 98 | 195 | 295 | 390 | 490 | 590 | 785 | 865 | |
| 6 | 18 | 36 | 72 | 145 | 215 | 290 | 360 | 430 | 575 | 720 | |
| 5.5 | 15 | 30 | 61 | 120 | 180 | 240 | 305 | 365 | 485 | 605 | |
| 5 | 13 | 25 | 50 | 100 | 150 | 200 | 250 | 300 | 400 | 500 | |
| 4.5 | 10 | 20 | 41 | 81 | 120 | 160 | 205 | 245 | 325 | 405 | |
| 4 | 8 | 16 | 32 | 64 | 96 | 130 | 160 | 190 | 255 | 320 | |
| 3.5 | 6 | 12 | 25 | 49 | 74 | 95 | 125 | 145 | 195 | 245 | |
| 3 | 5 | 9 | 18 | 36 | 54 | 72 | 90 | 110 | 145 | 180 | |
| 2.5 | 3 | 6 | 13 | 25 | 38 | 50 | 63 | 75 | 100 | 125 | |
| 2 | 2 | 4 | 8 | 16 | 24 | 32 | 40 | 48 | 64 | 80 | |
| 1.5 | 1 | 2 | 5 | 9 | 14 | 18 | 23 | 27 | 36 | 45 | |
| 1 | 1 | 1 | 2 | 4 | 6 | 8 | 10 | 12 | 16 | 20 | |