



CONTROL OF VIBRATION AT WORK REGULATIONS 2025

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Statutory Document No. 20XX/XXXX

*Health and Safety at Work etc. Act 1974*

CONTROL OF VIBRATION AT WORK REGULATIONS 2025

*Approved by Tynwald:**Coming into Operation: in accordance with regulation 2*

The Department of Environment, Food and Agriculture makes the following Regulations, after consulting such organisations as it considers represent the interests affected by the Regulations¹, under section 15(1), (2), (5) and (9) and 82(3) of, and paragraphs 1(1)(a) and (c), 8(1), 9, 11, 13(2) and (3), 14, 15(1), 16 and 20 of Schedule 3 to, the Health and Safety at Work etc. Act 1974² (of Parliament) as those provisions apply to the Island.

1 Title

These Regulations are the Control of Vibration at Work Regulations 2025.

2 Commencement

If approved by Tynwald³, these Regulations come into TBC.

3 Interpretation

SI2005/1093/2 [and drafting]

(1) In these Regulations —

“**the 1974 Act**” means the Health and Safety at Work etc. Act 1974 (of Parliament), as it applies to the Island;

“**daily exposure**” means the quantity of mechanical vibration to which a worker is exposed during a working day, normalised to an 8-hour reference period, which takes account of the magnitude and duration of the vibration;

“**emergency services**” include —

¹ As required by section 82(4) of the Health and Safety at Work etc. Act 1974 as it applies to the Island.

² 1974 c.37 (of Parliament) applied by virtue of SD 2024/0073.

³ Tynwald approval is required under section 82(5) of the Health and Safety at Work etc. Act 1974 (of Parliament) as it applies to the Island.

(a) police, fire, rescue and ambulance services;

(b) His Majesty's Coastguard;

“exposure action value” means the level of daily exposure set out in regulation 5 for any worker which, if reached or exceeded, requires specified action to be taken to reduce risk;

“exposure limit value” means the level of daily exposure set out in regulation 5 for any worker which must not be exceeded, save as set out in regulation 7(5);

“hand-arm vibration” means mechanical vibration which is transmitted into the hands and arms during a work activity;

“health surveillance” means assessment of the state of health of an employee, as related to exposure to vibration;

“mechanical vibration” means vibration occurring in a piece of machinery or equipment or in a vehicle as a result of its operation;

“risk assessment” means the assessment of risk required by regulation 6;

“whole-body vibration” means mechanical vibration which is transmitted into the body, when seated or standing, through the supporting surface, during a work activity or as described in regulation 6(3)(f); and

“working day” means a daily working period, irrespective of the time of day when it begins or ends, and of whether it begins or ends on the same calendar day.

(2) In these Regulations, a reference to an employee being exposed to vibration is a reference to the exposure of that employee to mechanical vibration arising out of or in connection with that employee's work.

4 Application and transitional provisions

SI2005/1093/3 [and drafting]

(1) These Regulations have effect with a view to protecting persons against risk to their health and safety arising from exposure to vibration at work.

(2) Where a duty is placed by these Regulations on an employer (“E”) in respect of E's employees, E is, so far as is reasonably practicable, under a like duty in respect of any other person, whether at work or not, who may be affected by the work carried out by E except that the duties of E —

(a) under regulation 8 do not extend to persons who are not E's employees; and

(b) under regulation 9 do not extend to persons who are not E's employees, unless those persons are on the premises where the work is being carried out.

(3) These Regulations apply to a relevant self-employed person as they apply to an employer and an employee and as if that relevant self-employed

person were both an employer and an employee, except that regulation 8 does not apply to a relevant self-employed person.

- (4) For the purposes of this regulation, “relevant self-employed person” means a self-employed person who conducts an undertaking of a prescribed description for the purposes of section 3(2) of the 1974 Act.
- (5) These Regulations do not apply to the master or crew of a ship or to the employer of such persons in respect of the normal shipboard activities of a ship’s crew which are carried out solely by the crew under the direction of the master, and for the purposes of this paragraph “ship” includes every description of vessel used in navigation, other than a ship forming part of His Majesty’s Navy.

5 Exposure limit values and action values

SI2005/1093/4

- (1) For hand-arm vibration —
 - (a) the daily exposure limit value is $5 \text{ m/s}^2 \text{ A(8)}$;
 - (b) the daily exposure action value is $2.5 \text{ m/s}^2 \text{ A(8)}$,and daily exposure must be ascertained on the basis set out in Schedule 1 Part 1.
- (2) For whole body vibration —
 - (a) the daily exposure limit value is $1.15 \text{ m/s}^2 \text{ A(8)}$;
 - (b) the daily exposure action value is $0.5 \text{ m/s}^2 \text{ A(8)}$,and daily exposure must be ascertained on the basis set out in Schedule 2 Part 1.

6 Assessment of the risk to health created by vibration at the workplace

SI2005/1093/5 [and drafting]

- (1) An employer who carries out work which is liable to expose any of his or her employees to risk from vibration must make a suitable and sufficient assessment of the risk created by that work to the health and safety of those employees and the risk assessment must identify the measures that need to be taken to meet the requirements of these Regulations.
- (2) In conducting the risk assessment, the employer must assess daily exposure to vibration by means of —
 - (a) observation of specific working practices;
 - (b) reference to relevant information on the probable magnitude of the vibration corresponding to the equipment used in the particular working conditions; and
 - (c) if necessary, measurement of the magnitude of vibration to which his or her employees are liable to be exposed,

and the employer must assess whether any employees are likely to be exposed to vibration at or above an exposure action value or above an exposure limit value.

- (3) The risk assessment must include consideration of —
- (a) the magnitude, type and duration of exposure, including any exposure to intermittent vibration or repeated shocks;
 - (b) the effects of exposure to vibration on employees whose health is at particular risk from such exposure;
 - (c) any effects of vibration on the workplace and work equipment, including the proper handling of controls, the reading of indicators, the stability of structures and the security of joints;
 - (d) any information provided by the manufacturers of work equipment;
 - (e) the availability of replacement equipment designed to reduce exposure to vibration;
 - (f) any extension of exposure at the workplace to whole-body vibration beyond normal working hours, including exposure in rest facilities supervised by the employer;
 - (g) specific working conditions such as low temperatures; and
 - (h) appropriate information obtained from health surveillance including, where possible, published information.
- (4) The risk assessment must be reviewed regularly, and immediately if —
- (a) there is reason to suspect that the risk assessment is no longer valid; or
 - (b) there has been a significant change in the work to which the assessment relates,

and where, as a result of the review, changes to the risk assessment are required, those changes must be made.

- (5) The employer must record —
- (a) the significant findings of the risk assessment as soon as is practicable after the risk assessment is made or changed; and
 - (b) the measures which the employer has taken and which the employer intends to take to meet the requirements of regulations 7 and 9.

7 Elimination or control of exposure to vibration at the workplace

SI2005/1093/6 [and drafting]

- (1) The employer must ensure that risk from the exposure of his or her employees to vibration is either eliminated at source or, where this is not reasonably practicable, reduced to as low a level as is reasonably practicable.

- (2) Where it is not reasonably practicable to eliminate risk at source pursuant to paragraph (1) and an exposure action value is likely to be reached or exceeded, the employer must reduce exposure to as low a level as is reasonably practicable by establishing and implementing a programme of organisational and technical measures which is appropriate to the activity.
- (3) The measures taken by the employer in compliance with paragraphs (1) and (2) must be based on the general principles of prevention set out in Schedule 2 to the Management of Health and Safety at Work Regulations 2003⁴ and must include consideration of —
 - (a) other working methods which eliminate or reduce exposure to vibration;
 - (b) choice of work equipment of appropriate ergonomic design which, taking account of the work to be done, produces the least possible vibration;
 - (c) the provision of auxiliary equipment which reduces the risk of injuries caused by vibration;
 - (d) appropriate maintenance programmes for work equipment, the workplace and workplace systems;
 - (e) the design and layout of workplaces, work stations and rest facilities;
 - (f) suitable and sufficient information and training for employees, such that work equipment may be used correctly and safely, in order to minimise their exposure to vibration;
 - (g) limitation of the duration and magnitude of exposure to vibration;
 - (h) appropriate work schedules with adequate rest periods; and
 - (i) the provision of clothing to protect employees from cold and damp.
- (4) Subject to paragraph (5), the employer must —
 - (a) ensure that his or her employees are not exposed to vibration above an exposure limit value; or
 - (b) if an exposure limit value is exceeded, the employer must immediately —
 - (i) reduce exposure to vibration to below the limit value;
 - (ii) identify the reason for that limit being exceeded; and
 - (iii) modify the measures taken in accordance with paragraphs (1) and (2) to prevent it being exceeded again.
- (5) Paragraph (4) does not apply where the exposure of an employee to vibration is usually below the exposure action value but varies markedly from time to time and may occasionally exceed the exposure limit value, provided that —

⁴ SD 877/03.

- (a) any exposure to vibration averaged over one week is less than the exposure limit value;
- (b) there is evidence to show that the risk from the actual pattern of exposure is less than the corresponding risk from constant exposure at the exposure limit value;
- (c) risk is reduced to as low a level as is reasonably practicable, taking into account the special circumstances; and
- (d) the employees concerned are subject to increased health surveillance, where such surveillance is appropriate within the meaning of regulation 8(2),

and exposure within the meaning of this paragraph must be ascertained on the basis set out in Schedule 1 Part 2 for hand-arm vibration and Schedule 2 Part 2 for whole-body vibration.

- (6) The employer must adapt any measure taken in compliance with the requirements of this regulation to take account of any employee or group of employees whose health is likely to be particularly at risk from vibration.

8 Health surveillance

SI2005/1093/7 [and drafting]

- (1) Where —
 - (a) the risk assessment indicates that there is a risk to the health of his or her employees who are, or are liable to be, exposed to vibration; or
 - (b) employees are likely to be exposed to vibration at or above an exposure action value,

the employer must ensure that such employees are placed under suitable health surveillance, where such surveillance is appropriate within the meaning of paragraph (2).

- (2) Health surveillance, which must be intended to prevent or diagnose any health effect linked with exposure to vibration, must be appropriate where the exposure of the employee to vibration is such that —
 - (a) a link can be established between that exposure and an identifiable disease or adverse health effect;
 - (b) it is probable that the disease or effect may occur under the particular conditions of the employee's work; and
 - (c) there are valid techniques for detecting the disease or effect.
- (3) The employer must ensure that a health record in respect of each of his or her employees who undergoes health surveillance in accordance with paragraph (1) is made and maintained and that the record or a copy thereof is kept available in a suitable form.

- (4) The employer must —
 - (a) on reasonable notice being given, allow an employee access to that employee's personal health record; and
 - (b) provide the Department with copies of such health records as it may require.
- (5) Where, as a result of health surveillance, an employee is found to have an identifiable disease or adverse health effect which is considered by a doctor or other occupational health professional to be the result of exposure to vibration the employer of that employee must —
 - (a) ensure that a suitably qualified person informs the employee accordingly and provides the employee with information and advice regarding further health surveillance, including any health surveillance which the employee should undergo following the end of the exposure;
 - (b) ensure that the employer is informed of any significant findings from the employee's health surveillance, taking into account any medical confidentiality;
 - (c) review the risk assessment;
 - (d) review any measure taken to comply with regulation 7, taking into account any advice given by a doctor or occupational health professional or by the Department;
 - (e) consider assigning the employee to alternative work where there is no risk from further exposure to vibration, taking into account any advice given by a doctor or occupational health professional; and
 - (f) provide for a review of the health of any other employee who has been similarly exposed, including a medical examination where such an examination is recommended by a doctor or occupational health professional or by the Department.
- (6) An employee to whom this regulation applies must, when required by the employer and at the cost of the employer, present themselves during the employee's working hours for such health surveillance procedures as may be required.

9 Information, instruction and training

SI2005/1093/8 [and drafting]

- (1) Where —
 - (a) the risk assessment indicates that there is a risk to the health of an employer's employees who are, or who are liable to be, exposed to vibration; or
 - (b) employees are likely to be exposed to vibration at or above an exposure action value,

the employer must provide those employees and their representatives with suitable and sufficient information, instruction and training.

- (2) Without prejudice to the generality of paragraph (1), the information, instruction and training provided under that paragraph must include –
 - (a) the organisational and technical measures taken in order to comply with the requirements of regulation 7;
 - (b) the exposure limit values and action values set out in regulation 5;
 - (c) the significant findings of the risk assessment, including any measurements taken, with an explanation of those findings;
 - (d) why and how to detect and report signs of injury;
 - (e) entitlement to appropriate health surveillance under regulation 8 and its purposes;
 - (f) safe working practices to minimise exposure to vibration; and
 - (g) the collective results of any health surveillance undertaken in accordance with regulation 8 in a form calculated to prevent those results from being identified as relating to a particular person.
- (3) The information, instruction and training required by paragraph (1) must be updated to take account of significant changes in the type of work carried out or the working methods used by the employer.
- (4) The employer must ensure that any person, whether or not his or her employee, who carries out work in connection with the employer's duties under these Regulations has suitable and sufficient information, instruction and training.

10 Exemption certificates for emergency services

SI2005/1093/9 [and drafting]

- (1) Subject to paragraph (2), the Department may, by a certificate in writing, exempt any person or class of persons from regulation 7(4) in respect of activities carried out by emergency services which conflict with the requirements of that paragraph, and any such exemption may be granted subject to conditions and to a limit of time and may be revoked by a certificate in writing at any time.
- (2) The Department must not grant any such exemption unless it is satisfied that the health and safety of the employees concerned is ensured as far as possible in the light of the objectives of these Regulations.

11 Exemption certificates for air transport

SI2005/1093/10 [and drafting]

- (1) Subject to paragraph (2), the Department may, by a certificate in writing, exempt any person or class of persons from regulation 7(4) in respect of whole-body vibration in the case of air transport, where the latest technical

advances and the characteristics of the workplace do not permit compliance with the exposure limit value despite the technical and organisational measures taken, and any such exemption may be granted subject to conditions and to a limit of time and may be revoked by a certificate in writing at any time.

- (2) The Department must not grant any such exemption unless —
- (a) it consults the employers and the employees concerned, or their representatives;
 - (b) the resulting risks are reduced to as low a level as is reasonably practicable; and
 - (c) the employees concerned are subject to increased health surveillance, where such surveillance is appropriate within the meaning of regulation 8(2).

12 Exemptions relating to national security

SI2005/1093/11 [and drafting]

- (1) Subject to paragraph (2), the Department may, by a certificate in writing, exempt any person or class of persons from regulation 7(4) in respect of activities carried out in the interests of national security (whether of the Island or of the United Kingdom) which conflict with the requirements of that paragraph, and any such exemption may be granted subject to conditions and to a limit of time and may be revoked by a certificate in writing at any time.
- (2) The Department must not grant any such exemption unless it is satisfied that the health and safety of the employees concerned is ensured as far as possible in the light of the objectives of these Regulations.

13 Extension to the territorial sea

SI2005/1093/12 [and drafting]

These Regulations apply to and in relation to any activity in the territorial sea to which the 1974 Act applies by virtue of the Health and Safety at Work etc Act 1974 (Application to the Territorial Sea) Order 2025⁵ as it applies within the Island, excluding the territorial sea.

⁵ SD XXXX/XXXX.

MADE

CLARE BARBER

Minister for Environment, Food and Agriculture

Consultation

SCHEDULE 1

HAND-ARM VIBRATION

[Regulations 5(1) and 7(5)]

SI 2005/1093 Schedule 1 [and drafting]

PART 1 — DAILY EXPOSURE TO VIBRATION

The daily exposure to vibration ($A(8)$) of a person is ascertained using the formula:

$$A(8) = a_{hv} \sqrt{\frac{T}{T_0}}$$

where:

a_{hv} is the vibration magnitude, in metres per second squared (m/s²);

T is the duration of exposure to the vibration magnitude a_{hv} ; and

T_0 is the reference duration of 8 hours (28,800 seconds).

To avoid confusion between vibration magnitude and daily exposure to vibration, it is conventional to express daily exposure to vibration in m/s² $A(8)$.

The vibration magnitude, a_{hv} , is ascertained using the formula:

$$a_{hv} = \sqrt{a_{hwx}^2 + a_{hwy}^2 + a_{hwz}^2}$$

where:

a_{hwx} , a_{hwy} and a_{hwz} are the root-mean-square acceleration magnitudes, in m/s², measured in three orthogonal directions, x, y and z, at the vibrating surface in contact with the hand, and frequency-weighted using the weighting W_h .

The definition for the frequency weighting W_h is given in British Standard BS EN ISO 5349-1:2001.

Where both hands are exposed to vibration, the greater of the two magnitudes a_{hv} is used to ascertain the daily exposure.

If the work is such that the total daily exposure consists of two or more operations with different vibration magnitudes, the daily exposure ($A(8)$) for the combination of operations is ascertained using the formula:

$$A(8) = \sqrt{\frac{1}{T_0} \sum_{i=1}^n a_{hvi}^2 T_i}$$

where:

n is the number of individual operations within the working day;

a_{hvi} is the vibration magnitude for operation i ; and

T_i is the duration of operation i .

PART 2 – EXPOSURE TO VIBRATION AVERAGED OVER ONE WEEK

The exposure to vibration averaged over one week ($A(8)_{\text{week}}$) is the total exposure occurring within a period of seven consecutive days, normalised to a reference duration of five 8-hour days (40 hours). It is ascertained using the formula:

$$A(8)_{\text{week}} = \sqrt{\frac{1}{5} \sum_{j=1}^7 A(8)_j^2}$$

where:

$A(8)_j$ is the daily exposure for day j .

The exposure to vibration averaged over one week is for use only for the purposes of regulation 7(5).

SCHEDULE 2

WHOLE BODY VIBRATION

[Regulations 5(2) and 7(5)]

SI 2005/1093 Schedule 2 [and drafting]

PART 1 — DAILY EXPOSURE TO VIBRATION

The daily exposure to vibration ($A(8)$) of a person is ascertained using the formula:

$$A(8) = k a_w \sqrt{\frac{T}{T_0}}$$

where:

a_w is the vibration magnitude (root-mean-square frequency-weighted acceleration magnitude) in one of the three orthogonal directions, x, y and z, at the supporting surface;

T is the duration of exposure to the vibration magnitude a_w ;

T_0 is the reference duration of 8 hours (28,800 seconds); and

k is a multiplying factor.

To avoid confusion between vibration magnitude and daily exposure to vibration, it is conventional to express daily exposure to vibration in $\text{m/s}^2 A(8)$.

Daily exposure to vibration ($A(8)$) is evaluated separately for the x, y and z directions of vibration.

For horizontal vibration (x and y directions), $k = 1.4$ and a_w is obtained using the W_d frequency weighting. For vertical vibration (z direction), $k = 1.0$ and a_w is obtained using the W_k frequency weighting.

Definitions for the frequency weightings are given in International Standard ISO 2631-1:1997.

If the work is such that the total daily exposure consists of two or more operations with different vibration magnitudes, the daily exposure ($A(8)$) for the combination of operations is ascertained using the formula:

$$A(8) = \sqrt{\frac{1}{T_0} \sum_{i=1}^n a_{wi}^2 T_i}$$

where:

n is the number of individual operations within the working day;
 a_{wi} is the vibration magnitude for operation i ; and
 T_i is the duration of operation i .

PART 2 — EXPOSURE TO VIBRATION AVERAGED OVER ONE WEEK

The exposure to vibration averaged over one week ($A(8)_{\text{week}}$) is the total exposure occurring within a period of seven consecutive days, normalised to a reference duration of five 8-hour days (40 hours). It is ascertained using the formula:

$$A(8)_{\text{week}} = \sqrt{\frac{1}{5} \sum_{j=1}^7 A(8)_j^2}$$

where:

$A(8)_j$ is the daily exposure for day j .

The exposure to vibration averaged over one week is for use only for the purposes of regulation 7(5).

EXPLANATORY NOTE

(This note is not part of the Regulations)

These Regulations impose duties on employers to protect employees who may be exposed to risk from exposure to vibration at work, and other persons who might be affected by the work, whether they are at work or not. The Regulations are drawn from the Control of Vibration at Work Regulations 2005 [SI 2005/1093] (of Parliament).

The Regulations apply to both hand-arm and whole-body vibration. They make provision for —

- (a) action values and limit values for daily exposure to vibration (regulation 5);
- (b) risk assessment (regulation 6);
- (c) elimination or, where elimination is not reasonably practicable, reduction of exposure to vibration to as low a level as is reasonably practicable (regulation 7(1));
- (d) a programme of measures to be taken to reduce exposure to vibration to as low a level as is reasonably practicable when an action value is likely to be reached or exceeded (regulation 7(2));
- (e) actions to be taken at the limit values and prohibition on exceeding the limit values (regulation 7(4));
- (f) weekly averaging of exposure to vibration in specified circumstances (regulation 7(5));
- (g) health surveillance (regulation 8); and
- (h) information, instruction and training (regulation 9).

The Regulations give powers to the Department to grant exemptions from regulation 7(4) on limit values in respect of the activities of emergency services (regulation 10), in respect of whole-body vibration in the case of air transport (regulation 11) and in respect of activities carried out in the interests of national security (regulation 12).

Copies of British Standard BS EN ISO 5349-1:2001, relating to measurement and evaluation of human exposure to hand-transmitted mechanical vibration, referred to in Schedule 1, and International Standard ISO 2631-1:1997, relating to measurement and evaluation of human exposure to whole-body mechanical vibration and shock, referred to in Schedule 2, are obtainable from the British Standards Institution (www.bsigroup.com).