

DoD Ergonomics Working Group NEWS



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Vibration Exposure Calculators Available Online!



Sweden's National Institute for Working Life has an excellent tool at their Web site (<http://umetech.niwl.se/eng/havhome.lasso>) you can use to calculate hand-arm and whole-body vibration exposures.

Follow the links provided below and these simple instructions:

- Enter vibration levels for each machine. Press "Calculate" to view exposure time for action value and limit value.
- Enter work time for each machine in hours and/or minutes. Press "Calculate" to view the daily vibration exposure (8-hour work day).

Exposure Calculator for Hand-Arm Vibration:

<http://umetech.niwl.se/eng/havcalculator.lasso>

Exposure Calculator for Whole-Body Vibration:

<http://umetech.niwl.se/eng/wbvcalculator.lasso>