



# Vibration Awareness e-learning



## Introduction

Our vibration awareness course introduces learners to the essentials of workplace vibration, including the differences between vibration types, their potential health impacts, relevant UK legislation and practical approaches to risk management. Designed for both employers and employees, it builds confidence in recognising hazards, understanding responsibilities and taking effective steps to reduce exposure.

As part of our modern learning approach, this qualification is available through **interactive e-learning**, designed to increase engagement, flexibility and learner confidence. Our digital platform supports active learning through scenario-based activities, short knowledge checks, multimedia content and tutor-supported forums. This enables learners to study in a way that suits their schedule and preferred learning style.



## Course Duration

We offer this as a flexible e-learning course, allowing delegates to study anytime, anywhere and at a pace that suits them.

Delegates will be given a three-month licence from first access to complete the course. Once this licence expires, delegates will be required to pay a fee to reactivate it and should contact our Customer Service Team for more information.



## Course Attendees

This course is suitable for employers and employees alike.

The e-learning format is particularly beneficial for:

- Learners who prefer flexible, self-directed study
- Busy professionals who need on-demand access
- Those who benefit from interactive content rather than traditional text-based learning
- Remote teams and organisations seeking consistent training across multiple sites



## Course Programme

On completion of this course learners should be able to:

- List the two types of vibration and explain how they can cause harm
- State the purpose of the Control of Vibration at Work Regulations 2005 and recall the key vibration exposure values
- Describe assessment of vibration exposure in a workplace
- Recognise basic vibration control measures
- Identify actions employers and employees can take to minimise risks



## Training Certification and Assessment

Successful delegates will receive an SSG training certificate, which is valid for three years.



## Suggested Follow on and Complementary Courses

- [IOSH Working Safely \(available as a classroom or e-learning course\)](#)
- [NEBOSH National General Certificate in Occupational Health and Safety](#)
- [Noise Awareness e-learning](#)
- [Radiation Awareness e-learning](#)