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| Site |  |
| Activity (description of works) |  |
| Method of works |  |
| Tool and Vibration magnitude |  |
| Permitted trigger time to reach 100 HSE PointsThe EAV of 100 points should not be exceeded where possible over and 8hr periodThe ELV of 400 points MUST NOT be exceeded over and 8hr period |  |
| Control measures/Actions to limit exposure times |  |
| Author Name |  |
| Author signature |  |
| Signature of involved personnel: | I understand the contents above. Any deviation will be brought to the attention of the above person Name: Signature: |