Whole body vibration in mines and quarries

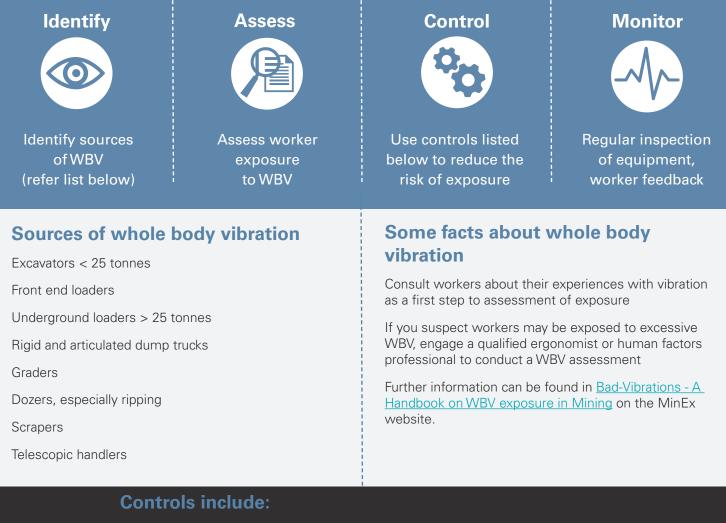
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Whole body vibration (WBV) is vibration transmitted to the whole body by the equipment or plant being operated. It can cause lower back pain, and long-term exposure can cause neck and shoulder problems, herniated discs and early spine degeneration.

Exposure to WBV may contribute to other health effects including cardiovascular, respiratory, neurological, endocrine and metabolic changes, digestive problems, reproductive organ damage and impairment of vision, balance or both.

Follow these four simple steps to reduce risk of exposure.



- Vehicle and seat design
- Road and vehicle maintenance
- Managing speed around the site
- Operator training and awareness
- Regular rest breaks and operator rotation

For more information see <u>A guide to Worker Health in Extractives</u> on the MinEx website.