

HAV Ready Reckoner

How to Use the 'Ready Reckoner'

The table provides a variety of exposure levels and exposure times represented by 'exposure points'. Simply add these 'exposure points' together to form 'total exposure points'. A total of 100 points is equivalent to the exposure action value (EAV) of 2.5m/s². The exposure limit value (ELV) is equal to 400 points. To find the exposure point, simply find the nearest vibration level and work across to the relevant exposure time. For example, a vibration level of 6m/s² with an exposure time of two hours would give 145 exposure points – in excess of 100 points and therefore above the EAV. Where your employee is exposed to multiple sources then simply calculate each exposure and add the points together.

Tip

Use this table to help you decide areas for priority action as the activity with the highest exposure points can be targeted first as this will represent the highest risk activity.

	40	265	800																	
	30	150	450	900																
	25	105	315	825	1250															
	20	67	200	400	800	1200														
	19	60	180	360	720	1100	1450													
	18	54	160	325	650	970	1300													
	17	48	145	290	580	865	1150													
	16	43	130	255	510	770	1000													
	15	38	115	225	450	675	900	1350												
	14	33	98	195	390	590	785	1200												
	13	28	85	170	340	505	675	1000	1350											
Vibration level m/s ²	12	24	72	145	290	430	575	885	1150	1450										
	11	20	61	120	240	365	485	725	970	1200	1450									
	10	17	50	100	200	300	400	600	800	1000	1200									
	9	14	41	81	160	245	325	485	660	810	970									
	8	11	32	64	130	190	255	385	510	640	770									



7	8	25	49	98	145	195	295	390	490	500
6	6	18	36	72	110	145	215	290	360	455
5.5	5	15	31	61	91	120	180	240	305	365
5	4	13	25	50	75	100	150	200	250	300
4.5	3	10	21	41	61	81	120	160	205	245
4	3	8	16	32	48	64	96	130	160	190
3.5	2	6	13	25	37	49	74	98	125	145
3	2	5	9	18	27	36	54	72	90	110
2.5	1	3	6	13	19	25	38	50	63	75
2	1	2	4	8	12	16	24	32	40	48
1.5	0	1	2	5	7	9	14	18	23	27
1	0	1	1	2	3	4	6	8	10	12
	5m	15 m	30 m	1hr	1.5h	2h	3h	4h	5h	6h

Exposure time (T)

Key	
	Above ELV
	Likely to be above ELV
	Above EAV
	Likely to be at or above EAV
	Below EAV

