



WBV101 – Whole-body vibration: Health effects and evaluation in the workplace

Day 1	Module	Time (h:mm)
0830 – 0930	Introduction & Course Overview	1:00
0930 – 1030	1. Physics of Vibration	1:00
1030 – 1045	Break	0:15
1045 – 1230	2. Human Response to Whole-Body Vibration	1:45
1230 – 1330	Lunch Break	1:00
1330 – 1445	3. Examples of Whole-Body Vibration Exposure	1:15
1445 – 1500	Break	0:15
1500 – 1630	3. Examples of Whole-Body Vibration Exposure	1:30
Day 2	Module	Time (h:mm)
0830 – 0900	Review of Overnight Questions	0:30
0900 – 1030	4. Whole-Body Vibration Standards	1:30
1030 – 1045	Break	0:15
1045 – 1200	4. Whole-Body Vibration Standards	1:15
1200 – 1300	Lunch Break	1:00
1300 – 1445	5. Assessment of Whole-Body Vibration	1:45
1445 – 1500	Break	0:15
1500 – 1630	5. Assessment of Whole-Body Vibration	1:30
Day 3	Module	Time (h:mm)
0830 – 0900	Review of Overnight Questions	0:30
0900 – 1030	6. Whole-Body Vibration Data Analysis	1:30
1030 – 1045	Break	0:15
1045 – 1200	6. Whole-Body Vibration Data Analysis	1:15
1200 – 1300	Lunch Break	1:00
1300 – 1445	7. Whole-Body Vibration Technical Reporting	1:45
1445 – 1500	Break	0:15
1500 – 1630	7. Whole-Body Vibration Technical Reporting	1:30
Day 4	Module	Time (h:mm)
0830 – 0900	Review of Overnight Questions	0:30
0900 – 1030	8. Strategies for Controlling Whole-Body Vibration	1:30
1030 – 1045	Break	0:15
1045 – 1200	9. Course Review	1:15
1200 – 1300	Lunch Break	1:00
1300 – 1530	10. Knowledge Test	2:30
1530 – 1600	Post-Course Survey	0:30
1600 – 1630	Closure of Course	0:30

The above timetable is provided as a suggestion only and can be altered to meet the customs and requirements of the students and lecturer(s). The sequencing of the material is such that it follows the order of the chapters from the Student Manual.