



National Standards Authority of Ireland

TECHNICAL GUIDE

CR 12349:1996

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**MECHANICAL VIBRATION - GUIDE TO THE  
HEALTH EFFECTS OF VIBRATION ON THE  
HUMAN BODY.**

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EUROPEAN COMMITTEE FOR STANDARDIZATION  
COMITÉ EUROPÉEN DE NORMALISATION  
EUROPÄISCHES KOMITEE FÜR NORMUNG

CEN REPORT RAPPORT CEN CEN BERICHT	CR 12349:1996
Date of approval Date d'approbation Annahme-Datum	1996-05-24
Mechanical vibration - Guide to the health effects of vibration on the human body	

To the Members of  
CEN  
Aux Membres du CEN  
An die Mitglieder des  
CEN

1996-06-19

WI: 00231027

Sehr geehrtes Mitglied,

Beiliegend überreichen wir Ihnen in den drei Sprachfassungen den vom Technischen Büro, in Übereinstimmung mit der Geschäftsordnung Teil 2, 2.1.5, angenommenen CEN Bericht.

Wir bitten Sie diesen Bericht in Ihrem nationalen Katalog anzukündigen.

Mit freundlichen Grüßen,

Enclosures


T1/Rebec 

Dear Member,

Please find enclosed the three language versions of this CEN REPORT approved by the Technical Board in accordance with Internal Regulations Part 2, 2.1.5.

You are requested to announce this CEN Report in your national catalogue.

Yours Sincerely,

  
J. REPLUSSARD  
Secretary General

Cher Membre,

Veuillez trouver ci-joint ce RAPPORT CEN dans les trois langues officielles, comme approuvé par le Bureau Technique, conformément au Règlement Intérieur Partie 2, 2.1.5.

Nous vous prions d'annoncer ce Rapport CEN dans votre catalogue national.

Veuillez agréer, cher Membre, l'expression de nos sentiments distingués



# REPORT RAPPORT BERICHT

# CR 12349

June 1996

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## English version

Mechanical vibration - Guide to the health effects  
of vibration on the human body

Vibrations mécaniques - Guide  
concernant les effets des vibrations  
sur la santé du corps humain

Mechanische Schwingungen -  
Leitfaden über die Wirkung von  
Schwingungen auf die Gesundheit  
des Menschen

This CEN REPORT has been prepared by Technical Committee CEN/TC 231 "Mechanical vibration and shock" and has been approved by CEN on 1996-05-24.

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## CEN

European Committee for Standardization  
Comité Européen de Normalisation

Europäisches Komitee für Normung

Rue de Stassart 36, B - 1050 Brussels

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## **Foreword**

This CEN report has been drawn up by Technical Committee CEN/TC 231 "Mechanical vibration and shock", working group 5 "Vibration effects".

Annexes A and B are informative.

## **Introduction**

This CEN report provides a short overview of the current knowledge of the possible effects of vibration on the human body. It is an informative document which presents general background information for the user of the different European Standards on vibration.

Mechanical vibration arises from a wide variety of processes and operations performed in industry, forestry and agriculture, and public utilities. Vibration caused by vehicles, powered processes, hand-held and hand-guided tools, or workpieces can greatly influence the human body. Exposure to harmful vibration can induce several complaints and health disorders, mainly at the upper limbs and the lower back. A comprehensive knowledge of the unwanted effects of vibration on the body is essential to implement appropriate administrative, technical and medical preventive measures.

## **1 Scope**

The aim of this CEN report is to provide information on the possible adverse health effects caused by exposure to vibration at work. The report addresses manufacturers as well as employers and employees using vibrating machinery in order to improve their understanding of the possible health problems arising from occupational exposure to vibration.

This CEN report is limited to the effects on health and does not cover the potential effects of vibration on comfort, human performance or vibration perception. Most of the information on whole-body vibration in this CEN report is based upon data available from research on human response to vibration of seated persons. There are only few data on the effects of vibration on persons in standing, reclining or recumbent positions. The information on both hand-transmitted vibration and whole-body vibration is based upon data from laboratory research on acute effects as well as upon data from epidemiologic studies.

Additional information may be obtained from the scientific literature (see annex A).

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