# Personal exposure record — one week

AUDIT Site 1

Name: _____ Week beginning: _____

Each tool says how many MINUTES you may use it today on its own. Write in the minutes it was actually running in your hands — not how long the job took. Used more than one tool? Read the points off each line and add them up at the bottom.

| TOOL — AND WHAT YOUR MINUTES ARE WORTH | M/S² | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|---|
| **AUDIT hand-held concrete breaker**<br>**On this tool alone: 1 h 23 min maximum today.**<br>Past 21 min tell your supervisor.<br>15m=72 · 30m=144 · 45m=216 · 1h=288 · 1½h=432 OVER THE LIMIT | 12.0 | | | | | | | |
| **Day's points — add the tools together** | | | | | | | | |

**100 points = action value — tell your supervisor and plan the next day lower. 400 points = the legal limit: STOP using vibrating tools for the rest of the day.**

- Used only ONE tool? The minutes under its name are your limit. Used more than one? Those minutes stop applying — add the points instead.
- Every figure printed here is rounded UP, so this card can only ever overstate your dose, never flatter it.
- Tingling or numb fingers? Tell your supervisor today — the early signs are the only ones that reverse.
- Hand this card to your supervisor at the end of the week.

Worker (sign): Supervisor (sign):

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