



$$a_{\text{rms}} = \sqrt{\frac{1}{T} \int_0^T a(t)^2 dt}$$

Place	Multiplying factor for exposure to continuous vibration
Office	8
Shopping mall	4 ⁽¹⁰⁾
Dealing floor	4
Stairs - Light use (e.g. offices)	32 ⁽¹⁰⁾
Stairs - Heavy use (e.g. public buildings, stadia)	24 ⁽¹⁰⁾