



PLANT & TOOL HIRE

Hand Arm Vibration

A close-up photograph of a human hand, palm facing forward, with a blue-tinted color scheme. The hand is surrounded by a circular motion blur effect, suggesting vibration or rapid movement. The background is a solid, dark blue.

Don't lose touch

'Hand Arm Vibration Syndrome' can permanently stop blood flowing to your fingers.

Keep your senses.



Aims of the Tool Box Talk

Provide guidance on The Control of Vibration at Work Regulations 2005



Increase the awareness of workers who are exposed to vibratory tools

The precautions which can be taken to prevent this medical disorder



Hand Arm Vibration Syndrome or HAVS

What is Hand Arm Vibration?

- Commonly known as Vibration White Finger
- Affects people every year
- Direct result of using vibratory tools
- No effective treatment

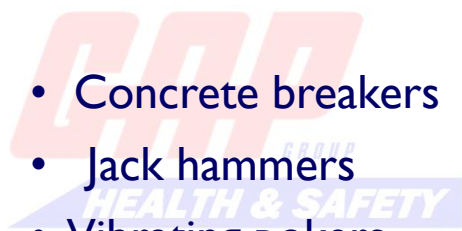
A PREVENTABLE CONDITION!



Workers at Risk?

Usually those who regularly use hand held power tools

For example:

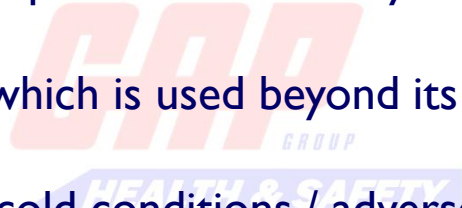


- Concrete breakers
- Jack hammers
- Vibrating pokers
- Compactors
- Sanders
- Angle Grinders
- Scabblers etc. etc.
- This list is not exhaustive



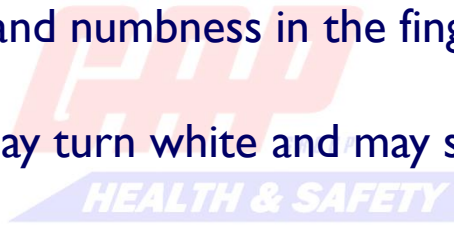
What are the Hazards?

- Prolonged exposure to vibratory tools
- Machinery which is used beyond its capacity
- Working in cold conditions / adverse weather conditions
- Someone who smokes
- Reduced grip of tools due to poor design





Symptoms of Vibration White Finger



- Tingling and numbness in the fingers
- Finger may turn white and may start to ache
- Disease is probably irreversible
- Experience of painful attacks at any time
- In extreme cases a sufferer may lose fingers



How is Exposure Measured?

- Normally the length of time each tool can be used for in hours and minutes
- Alternative is to use the points system
- Regulations state 2 Action Levels

• Exposure Action Value = $2.5\text{m/s}^2 \text{ A}(8)$ (EAV) - **EAV** = 100 points

• Exposure Limit Value = $5\text{m/s}^2 \text{ A}(8)$ (ELV) - **ELV** = 400 points



Advice

- Use the right tool for the job
- Tools should be kept in good working order
- Do not force operating tools unnecessarily
- Do not grip machinery too tightly
- Do not work for long periods without a break
- Maintain good blood flow through the hands and fingers by keeping them warm
- By not smoking
- Exercise hands regularly
- Wear gloves to keep hands warm in cold conditions and when using tools
- Report tools which produce high levels of vibration

Should you experience the symptoms of HAV syndrome consult your supervisor and report it to the Occupational health Department



What GAP is doing for you?

- Providing awareness sessions / tool box talks
- Providing information at the point of hire
- Supplying a HAV Chart Guide
- Tagging all equipment with the traffic light system
- HAV exposure calculator
- Extensive information available for download from GAP website

