

GAP Tool Box Talk: Hand Arm Vibration






GAP
GROUP
HIRE SOLUTIONS
Hand Arm Vibration

Don't lose touch

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

Purpose

- Provide guidance on The Control of Vibration at Work Regulations 2005
- Increase the awareness of workers who are exposed to vibratory tools
- Outline the precautions which can be taken to prevent this medical disorder

Hand Arm Vibration Safety		
Vibration in m/s^2		Maximum Daily Usage Time in Hours (ELV)
Below 5 LOW		8 Hours
5 to 10 MEDIUM		2 Hours
Over 10 HIGH		Assess risk

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



Who are the workers at risk?

Those who regularly use hand held power tools

For example:

- Concrete breakers
- Jack hammers
- Vibrating pokers
- Compactors
- Sanders
- Angle Grinders
- Scabblers



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
- Reduced grip of tools due to poor design
- Someone who smokes – this can limit blood circulation

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

The Control of Vibration at Work Regulations 2005

Requires employers to:

- Assess the vibration risk to their employees
- Take action to reduce vibration exposure that produces those risks
- Make sure the legal limits on vibration exposure are not exceeded
- Provide information and training to employees on health risks
- Carry out health surveillance where there is a risk to health
- Keep a record of your risk assessment and control actions
- Keep health records for employees under health surveillance
- Review and update your risk assessment regularly

How is exposure measured?

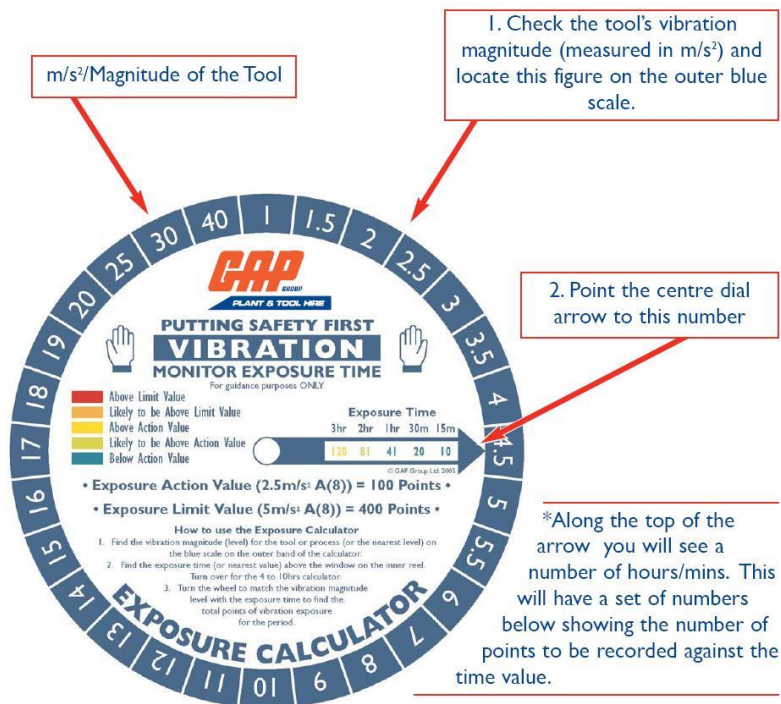
Normally the length of time each tool can be used for in hours and minutes

- 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



Instructions are on the front/back of the calculator.
Should you have any problems with its use please contact
H&S Dept. on 0141 225 4600.

How To Use The Exposure Calculator



- 100 points EAV = Exposure Action Value** - This is when the employer will be required to put actions in place to monitor activities review risk assessment
- 400 points ELV = Exposure Limit Value** - This figure of points must not be exceeded in a working day.

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

Advice

- 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
- Tagging all equipment with the traffic light system
- HAV exposure calculator

