



Vibration

Exposure to vibration can cause long-term painful damage to your hands and fingers and back. The main risks from vibration exposure are **Hand Arm Vibration Syndrome (HAVS)** and **Whole-Body Vibration (WBV)**.

Importance

Regular exposure can cause a range of symptoms to the hands and arms, and collectively these injuries are referred to as Hand-Arm Vibrations Syndrome (HAVS). Injuries include damage to sensory nerves, muscles, blood circulation (vibration white finger), bones, and joints. Exposure to high levels of vibration can also cause short-term irritation and loss of concentration.

Regulations

The Control of Vibration at Work Regulations aims to make sure that workers do not suffer ill-health due to exposure to vibration at work. The regulations set exposure action values and limit the vibration employees should be exposed to at work.

Guidance

- Use the right tools for the right tasks.
- Avoid using vibrating tools if the task can be done differently.
- Use low vibration tools.
- Use tools adapted to reduce vibration exposure.

- Check tools before use to make sure they have been properly maintained.
- Take faulty and poor condition tools out of use as this can increase vibration exposure.
- Make sure cutting tools are kept sharp.
- Take regular breaks from vibration exposure through job rotation to avoid prolonged use.
- Avoid gripping or forcing tools more than you need to.
- Store tools so they do not have very cold handles when they come to be used.
- Encourage good blood circulation by keeping warm and dry.
- Wear gloves, hats, waterproofs, and heating pads where practical.
- Massage and exercise hands during breaks.

SUMMARY

In summary, you should not be exposed to excessive levels of vibration at work. Job rotation and regular breaks, along with limiting the time equipment is used can reduce exposure when vibration cannot be avoided. Report any symptoms such as tingling in the fingers, loss of grip, loss of feeling, pain, white finger, or difficulty of picking up small objects.