



# Hand Arm Vibration

## Who is at Risk?

1. **ALL** workers who regularly use power tools that vibrate
2. Exposure of more than 15 minutes a day of a hammer action tool
3. Exposure to other rotary or action tools for more than an hour per day
4. Risk and severity of injury increase with prolonged exposure
5. Cumulative effect, may take months or years to develop

## Watch for Early Signs and Symptoms

1. Tingling or numbness in finger tips which may interrupt sleep
2. Inability to feel things with your fingers
3. Loss of strength in your hands
4. When cold or wet, the tips of your fingers going white then red and becoming painful on recovery

## Eight Good Prevention Practices

1. Keep hands warm
2. Refrain from smoking
3. Grip the tool only as much as needed for task
4. Alternate use of vibratory tools by resting for at least 10 minutes per hour- better yet, rotate use of tools
5. Ensure cold exhaust from tool is directed away from hands
6. Maintain the tools and do not modify tools
7. Use gloves that cover the fingers and are ISO 10819 certified
8. Seek medical attention if any suspected hand arm vibration (HAV) symptoms appear. Make sure to inform your medical team about your line of work.