



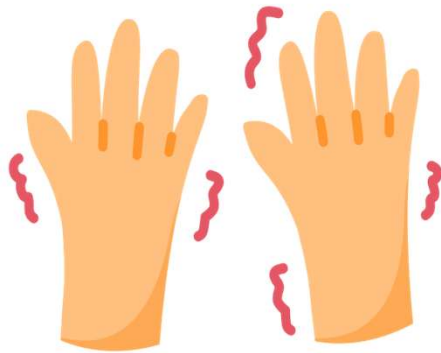
25.3 Hand-Arm Vibration: A Guide for Exposed Employees

Introduction

This poster is aimed at people who use powered hand tools or work equipment but also applies to those workers that handle workpieces which vibrate whilst being processed by powered machinery, such as pedestal grinders & polishing lathes.

What is hand-arm vibration?

Hand-Arm Vibration is vibration that is transmitted into your hands and arms when you use these types of equipment. It can cause Hand-Arm Vibration Syndrome (HAVS) and Vibration induced Carpal Tunnel Syndrome (V-CTS).



What is Hand-Arm Vibration Syndrome (HAVS)?

- May affect the nerves, blood vessels, muscles, connective tissue and joints of the hands & wrists.
- Can become severely disabling if ignored.
- Can cause symptoms such as pain, discomfort tingling & numbness.

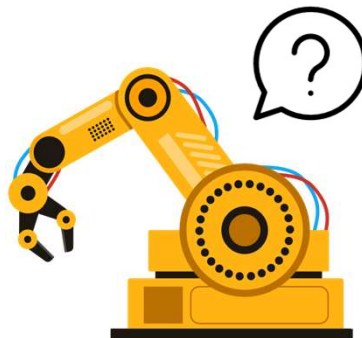


How can I help reduce the risks?

It is your employer's responsibility to protect you from HAVS and V-CTS. You can help by asking your employer if your job could be done in a different way without using vibrating tools and machines.

If this cannot happen:

- ❖ Use suitable low vibration (good quality) tools.
- ❖ Use the right tool for each job.
- ❖ Check tools are properly maintained before use.
- ❖ Ensure that cutting tools are kept sharp.
- ❖ Reduce the amount of time you use a tool in one go.
- ❖ Avoid overtight gripping or forcing a tool.



Look after your own health by:

- ❖ Encourage good blood circulation.
- ❖ Report any hand problems promptly to your employer or Occupational Health.
- ❖ Follow your employer's limits on tool use.
- ❖ Use all control measures provided to reduce injury risk.
- ❖ Ask your safety or union representative for guidance.

Further Information

Your employer has certain legal obligations that they must fulfil if they expose employees to hand transmitted vibration. If you wish to know more, please visit the HSE's website: <https://www.hse.gov.uk/vibration/hav/index.htm>.

A copy of this & other documentation can be found from <https://mohs.co.uk/resources> or using the QR code at the top of this page.