



SAFETY TALK

Vibration hand-arm injuries

Continuous use of vibrating tools and equipment can cause a condition known as “hand-arm vibration syndrome.” Equipment and tool operators in the construction industry are at elevated risk, due to the prolonged exposure to vibration.

What’s the danger?

Symptoms include:

- Whitened fingertips, then whole fingers
- Numbness and tingling in the fingers
- Finger spasms
- Nerve damage and loss of feeling in fingertips
- Reduced grip strength

Often these symptoms will increase in frequency and pain over time. Risk can depend on:

- On/off versus continuous operation
- Duration the tool/equipment is used
- Temperature
- The magnitude of the vibration
- If the operator smokes

Protect yourself

- If possible, avoid using tools or equipment that vibrate
- Use tools/equipment with anti-vibration features built in
- Wear anti-vibration gloves (ISO standard 10819)
- Maintain equipment as poorly functioning tools can vibrate more
- Keep your body - particularly your hands - warm
- Take breaks while using vibrating tools
- Don’t smoke, as it reduces circulation of blood
- Exercise to maintain healthy blood circulation
- Don’t ignore symptoms; if they appear, see a doctor promptly

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Performed by: _____

Concerns:

Employee Name:

Supervisor: _____

Location: _____

Corrective Actions:

Employee Signature:
