

# Hand-arm Vibration (HAV)

## Overview

This document covers effects, sources and methods of overcoming excessive vibration.

## Effects of vibration

- 1) Depending upon the work situation, vibration can be whole-body vibration or, more commonly, hand-arm vibration (HAV).
- 2) The first signs of a HAV problem may only be tingling in the affects fingers.
- 3) Exposure to vibration can lead to irritation, fatigue and loss of concentration.
- 4) These symptoms are likely to affect a person's attention to safety.
- 5) In the longer term, HAV damage may occur to blood vessels, nerves, muscles, tendons and body organs.
- 6) Excessive exposure to HAV can lead to vibration white finger, resulting in damaged blood vessels, circulatory problems, pain and possibly gangrene.

## Sources of vibration

- 1) A common cause of HAV is the prolonged use of rotating hand tools used for cutting and grinding.
- 2) Percussive hand tools used for riveting, chipping, hammering and drilling are also sources of HAV.
- 3) The use of chainsaws is another source of HAV.

## How to avoid vibration

- 1) Advances in technology are leading to newer tools being equipped or manufactured with vibration-absorbing features. If available, select tools with vibration-absorbing features for your work.
- 2) When using a tool that causes vibration, break the job up with other work activities.
- 3) Adopt a comfortable stance when using vibrating tools – tense muscles increase ill effects.
- 4) Keeping warm and dry also helps, especially for the hands and arms.
- 5) If you think you are suffering ill effects from vibration, stop the activity, speak to your supervisor and if necessary seek medical advice.
- 6) Anti-vibration gloves do not work and should not be relied upon as a control measure, although they do help to keep hands warm.

## Health and safety

Make sure you're not using equipment for prolonged periods of time the effects might not up now but later on HAV can lead to serious side effects.

## Summary

## TOOL BOX TALK RECORD

[illegible]

# Hand-arm Vibration (HAV)

Feedback arising from Talk



Trinity  
Safety