

Hand-arm vibration

About 5 minutes · Read it out, then ask the questions at the end.

Why it matters. Regular use of vibrating tools can damage nerves, blood vessels and joints in the hands and arms. Hand-arm vibration syndrome is permanent.

The hazards

- Breakers, hammer drills, grinders and disc cutters
- Long trigger times
- Cold, wet hands
- Worn or poorly maintained tools

Stay safe

- The law sets an exposure action value of $2.5 \text{ m/s}^2 \text{ A(8)}$ and a limit value of $5 \text{ m/s}^2 \text{ A(8)}$
- Use low-vibration tools and methods where possible
- Keep track of trigger time and stick to the limits set for your job
- Keep tools maintained and blades or bits sharp
- Keep hands warm and dry
- Take breaks and swap tasks
- Report tingling, numbness or white fingers straight away

Ask the team

1. Which tools you use today vibrate the most?
2. How long can you use them in a day?
3. What symptoms should you report?

The law and guidance

Control of Vibration at Work Regulations 2005. HSE INDG175, Hand-arm vibration at work.

General guidance to help you give a toolbox talk. It doesn't replace your site's risk assessments, method statements, permits or training. Check it against your own site rules before you give it.

Free toolbox talk from EW Group, 110V site temps specialists. www.ewgroup.co.uk · Bristol 0117 982 0005 · London 020 7476 0001

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Site: _____ Date: _____

Given by: _____ Company: _____

By signing, I confirm I attended this toolbox talk and understood it.

Name (print)	Company	Signature	Time

Keep this record with your site's training and briefing records.