Continuous use of electric tools, equipment or machinery that causes your hands and arms to excessively shake is known as **Hand Arm Vibration (HAV)**. HAV can also affect other parts of your body as well.

Tools that have a hammer or rotary action often cause HAV:

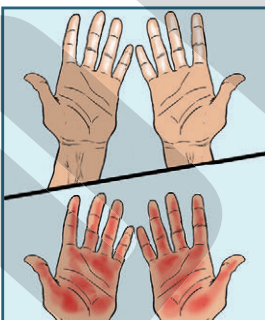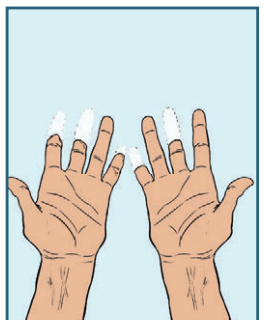| | | | | |
|---|---|---|---|---|
| JACK HAMMERS | BREAKERS | GRINDERS | SCABBLERS | DRILLS |

## SYMPTOMS AND RISKS

- Side effects of HAV can last anywhere from a few hours to becoming permanent.
- They can also be **made worse** when working in **colder conditions**, if you have **cardiovascular disease**, or if you are a **smoker** or **heavy drinker**.

| | | | | |
|---|---|---|---|---|
| Tingling sensation and numbness | Loss of colour or red throbbing flushes | Painful "attacks" | Weakened grip and usability | Loss of fingers (extreme cases) |
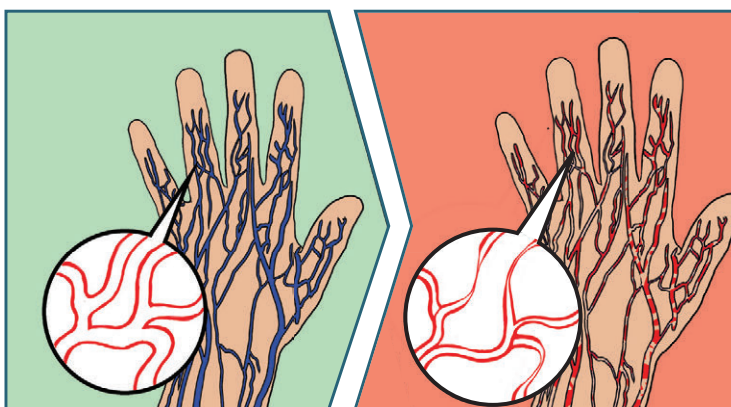
These side effects are the result of the constant vibration **damaging nerves, blood vessels and joints** in your arms, hands and fingers.

It's important to note that there is NO CURE once these symptoms start becoming more serious and permanent; however it CAN BE PREVENTED.
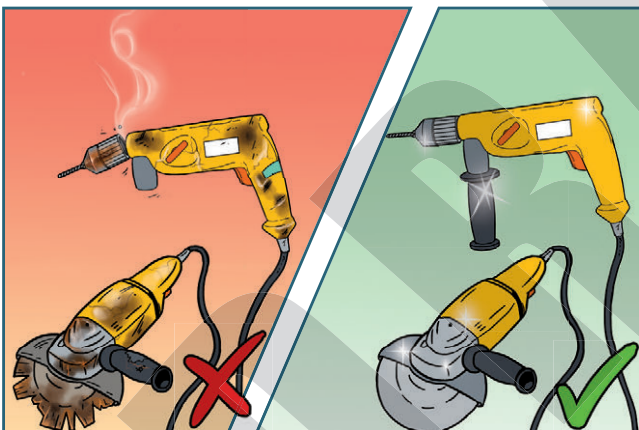
# CONTROLS

## EXPOSURE
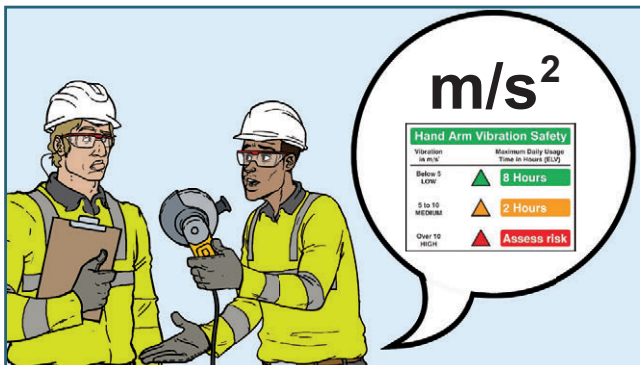


- Daily exposure to vibration of over 2.5 m/s$^2$ A(8) a day needs to be controlled and reduced and must not exceed 5 m/s$^2$ A (8).
- Ask your supervisor about your tool or equipment's vibration output.
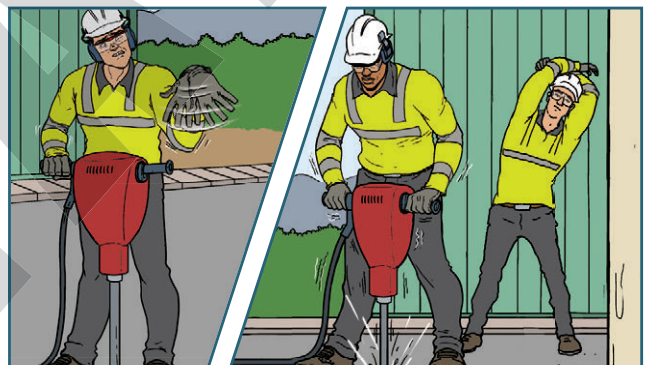
Work from a comfortable position and, if necessary, monitor your exposure by wearing equipment such as HAV gear.
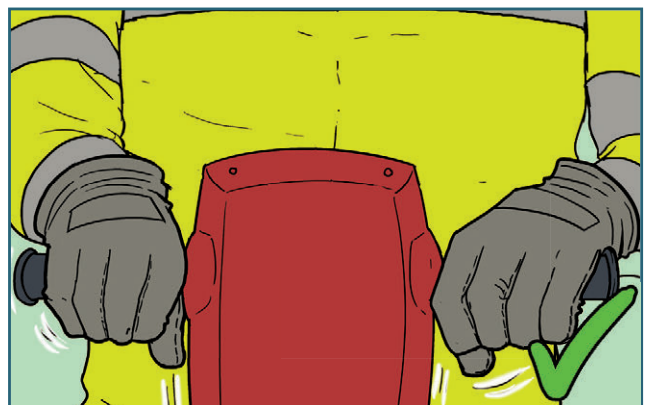
## TOOLS AND EQUIPMENT



Make sure the tool you're using is in good condition and doesn't cause any unnecessary vibrations.

Do hand, arm and shoulder exercises before and during work and take regular breaks from or rotate between tasks that involve using vibrating tools or equipment.

Use them correctly and don't put unnecessary force on them.

Wear protective gloves, keep hands warm and use a loose, but safe grip on tools.

**Speak up if you think you're being overexposed to vibration or if you experience any symptoms.**