TOOLBOX TALK

Hand-Arm Vibration

Topic	Hand-Arm Vibration	Attendees	0

WHAT WE TALKED ABOUT

Using vibrating tools for long periods can permanently damage the nerves, blood vessels and joints in your hands. It starts with tingling and numbness and can end with fingers that go white and lose their grip. Once it sets in, it does not go away.

1. High vibration tools include breakers, rotary hammers, needle guns, grinders, concrete pokers and plate compactors.
2. Warning signs: tingling, pins and needles, numbness, losing grip, and fingers going white in the cold.
3. Use other methods where you can, such as a crusher, a breaker on an excavator, or diamond drilling instead of hammering.
4. Choose low vibration tools and keep them maintained. Blunt bits and worn parts vibrate more.
5. Limit trigger time and rotate the job. The exposure action value is 2.5 m/s² A(8) and the limit value is 5 m/s² A(8).
6. Know your trigger time. Use the tool's vibration figure and the HSE ready reckoner or points system: a heavy breaker can reach the action value in a few minutes and the limit in under an hour.
7. Trigger time is only the time the tool is actually running against the work, and it is usually far less than people guess. Time it on a normal day.
8. Let the tool do the work. Grip lightly and do not force it.
9. Use anti-vibration mounts, handles and sharp, matched bits. Report a tool that vibrates more than normal so it can be fixed.
10. Anti-vibration gloves do little to stop vibration. Their real job is keeping your hands warm and dry.
11. Keep your hands warm and dry. Cold makes vibration damage worse.
12. Smoking cuts blood flow to the fingers and makes vibration damage more likely.
13. Report symptoms early. If you regularly use vibrating tools you should be under health surveillance, with a questionnaire every year and a check by a qualified person if symptoms show up.

QUESTIONS FOR THE CREW

1. Which tools on this job vibrate the most?
2. How long are we using them each day?
3. Has anyone had tingling or numb fingers after work?
4. Is there a lower vibration way to do today's job?
5. Who keeps track of trigger time on this job, and how?

Reference: Control of Vibration at Work Regulations 2005

RUN BY

	Name	Signature	Date	
Presenter				

ATTENDANCE

Name	Role / company	Signature	Date

Name	Role / company	Signature	Date

Keep this record with your site safety file.