

HAND-ARM VIBRATION (HAV)

Hand-arm vibration is vibration transmitted into a workers hands and arms. This can come from use of hand-held power tools and is the cause of significant ill health (painful and disabling disorders of the blood vessels, nerves and joints).

Hand-arm vibration is preventable

Reducing Hand-Arm Vibration

- Identify hazardous machines, tools and processes especially those which cause tingling or numbness in the hands after a few minutes use.
- If possible do the job another way without using high-vibration equipment
- Use suitable tools designed to cut down vibration
- Make sure people use the right tool for the job and are trained to use it correctly
- Make sure machines and tooling are maintained as recommended by the manufacturer to prevent vibration increasing
- Reduce the time spent holding vibrating equipment or work-pieces - rotate the amount of time using a vibrating tool with a fellow worker.
- Work in short durations with frequent breaks.
- Keep hands warm and exercise your hands and body to improve circulation
- Avoid smoking or other drugs or substance that inhibit blood flow.

References

1. Safe Work Australia - www.safeworkaustralia.gov.au - Hand-Arm Vibration Fact Sheet
2. Health and Safety Executive - www.hse.gov.uk/vibration - Hand-arm vibration at Work

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