



TOOLBOX TALK



TOPIC DISCUSSED:

HAND-ARM VIBRATION



Protecting workers from excessive hand-arm vibration is crucial as it can lead to debilitating symptoms known as hand-arm vibration syndrome (HAVS). Prolonged exposure may impair individuals' well-being and work effectiveness. Implementing measures to minimise this exposure is vital for ensuring the health and safety of workers across industries.

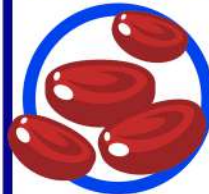


QUESTIONS:

1. What are some strategies suggested to minimise vibration exposure when using hand-held tools?
2. How can workers prevent overexposure to vibrating tools?
3. What action should workers take if they experience symptoms like tingling while using vibrating tools?

TAKE A LOOK AT THE FOLLOWING:

EFFECTS OF HAND-ARM VIBRATIONS



Harm blood vessels, muscles, & bones.



Consequences are irreversible.



Struggle with basic tasks.



Carpal tunnel syndrome.



Numbness, fingertip sensitivity.

TOOLS WITH HIGH LEVELS OF VIBRATION



CHAINSAWS



ANGLE GRINDERS



HAMMER DRILLS



POWER DRILLS



NAIL GUNS

AVOID VIBRATION EXPOSURE



Prioritise non-hand-held tools to minimise vibration.

Set and adhere to time limits for using vibrating tools to prevent overexposure.



Take regular breaks when using vibrating tools.

Employ proper technique with hand-held tools to avoid excessive force; let the tool do the work.



Keep hands warm and dry with gloves, but note that anti-vibration gloves offer limited protection.

