

Hand-Arm Vibration

PROJECT / SITE	DATE	TALK LED BY

THE HAZARD

Cold and vibration compound each other, which makes late autumn the point where damage accelerates. Vibration white finger and nerve damage are permanent once they arrive.

WHAT GOES WRONG

- Long continuous trigger time on breakers, grinders, drills and compactors.
- Early numbness and whitening fingers in the cold treated as just being cold.
- Blunt bits, discs and chisels used past their life, which raises vibration and time on tool.
- Gripping the tool much harder than needed, which drives more vibration into the hand.

CONTROLS: BEFORE YOU START

- Limit continuous trigger time and swap people out on the highest-vibration tools.
- Keep consumables sharp. A blunt disc doubles the time and the exposure.
- Keep hands warm and dry, which helps circulation and reduces the effect.
- Grip only as firmly as the tool needs, and let the tool do the work.
- Report numbness, tingling or fingers that go white in the cold. Early matters here too.

ASK THE CREW

1. Which tools on this job vibrate most, and how long is anyone holding them?
2. Who is on the breaker today, and for how long at a stretch?
3. When were the discs and bits last replaced?
4. Has anyone's fingers gone white or numb in the cold this month?

ATTENDANCE RECORD

Everyone present signs below. This sheet is the record of the talk.

PRINT NAME	SIGNATURE
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SUPERVISOR / COMPETENT PERSON	SIGNATURE