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- If tools are worn or need repair, arrange this now with the hire company or your supervisor so that you have proper equipment ready for the next morning.
- If you can, store the tools so that the handles will not get too cold overnight. Hired equipment should always be locked away to keep it safe from theft.

GENERALLY

- Cutting down on smoking can help improve poor blood circulation – even it is only just before work and during work.
- Don't ignore the early signs of vibration white finger – it can become a serious condition which can affect your work, your capacity for work, and your leisure time

IF YOU ARE THE EMPLOYER, OR YOU ARE SELF – EMPLOYED

- Make sure that suitable gloves and warm clothing are available for anybody who would benefit from them.
- Check that you are providing the best tool for the job in hand – talk to the hire company to see what alternatives they have available.
- Keep tools sharp and well maintained. If you get a report from a user that a tool needs attention, then report it to the hire company.
- Make sure that all users are aware of the hazards which can arise from work with high – vibration tools, and the simple precautions that they can take. Ask the hire company for more copies of this leaflet so that everyone can see it.
- Organise patterns of work where you can to avoid lengthy and continuous use of high and medium vibration tools.
- Make facilities for rest periods in warm, dry shelter with hot drinks.
- If a user reports signs of vibration white finger, move them away from work with high vibration tools if you can, and take steps to have them checked by their own doctor or an occupational health and safety advisor.
- The Health and Safety Executive recommend a programme of preventive measures and health surveillance when workers' exposure regularly exceeds 2.5m/s2 A(8). This will apply to most tools classed as high or medium risk and to some that classed as low risk if they are regularly used for long periods.

FOR MORE INFORMATION

- Contact your hire company for more information about the right tool for the job, and vibration reduced tools.
- Contact the Health and Safety Executive information service for more guidance on the law in the UK – contact www.hse.gov.uk. In the republic of Ireland, call the Health and Safety Authority on (Dublin) 01 614 7000.

What is “Hand Arm Vibration”?

Hand arm vibration syndrome is also sometimes called (white finger disease), “dead hand”, “dead finger” or “Raynaud’s phenomenon”. This condition affects people who regularly use high vibration equipment, such as power tools.

Vibration from the equipment can damage blood vessels in the fingers, reducing the supply of blood. It can also damage nerves, leading to a loss of feeling in the fingers and hands – especially when they become cold. The muscles and bones may also become damaged.

Sufferers find it hard to move their fingers and lose their ability to grip things properly. Work with hand – held tools can become difficult. Picking up small items – such as nails – can be almost impossible. The condition can become very painful.

Typical symptoms

At first, hand – arm vibration syndrome can cause a tingling sensation, or “pins and needles” in the fingers, maybe with some numbness. This will usually happen at the end of a day working with vibrating equipment.

As the condition gets worse, symptoms may be triggered by the cold, without using vibration equipment. The fingers will become white and numb, initially just the tips, but the area can get larger if you continue to work with high – vibration equipment. As blood circulation returns, the fingers may get a red flush and become painful.

In worse case, pains, stiffness and difficulty in handling small items can last for up to an hour, and be triggered by any exposure to mild cold, for example when washing the car, or fishing.



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v:112016

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REDUCING THE RISK

Before you start working

- See if you can use another tool with lower vibration levels.
- In cold conditions, make sure that you are warm before you start work – and that you will be able to keep warm and dry through the day. It is especially important to think about keeping your hands warm. Wearing gloves can help. Ask your supervisor or the hire company if you need gloves.
- Check that you have the right tool for the job. If you have to force the tool, the job may cause more vibration, you may have to grip it tighter, and the job will take longer. Talk to the hire company about the job that you plan to do, to check if you have the best tool for the job.
- Make sure that the tool is in good conditions: for example that the cutting edges are sharp, and that the handles are secure.
- Check that the tool is not becoming blunt – this makes for more hard work.
- Keep warm – especially hands.
- Take short breaks regularly. Exercise hands and fingers to keep them warm and flexible.
- If you have any persistent tingling or numbness in fingers and hands – tell the supervisor. Show them this leaflet. If you are self-employed, consider seeing your doctor.

While you're working

- Even equipment which is causing low vibration risk can cause a problem if it is badly maintained or abused during the day.
- Cold hands are more likely to be affected by vibration from tools, as the blood supply is already reduced.
- Gripping too tightly onto the tool can lead to more vibration being transmitted to your hands.
- Poor blood circulation generally, due to lack of exercise, or smoking can also mean that some people are more likely to suffer vibration white finger.

Before Starting Work...

Useful Reference Points • www.hae.org.uk/businessguard



High vibration risk or medium vibration risk equipment should not be used throughout the day. If you need to use the equipment for long periods each day, ask the hire company if they can provide a vibration-reduced version of the tool. This could increase the amount of time that you could use the tool without risk of injury. Alternatively, they may suggest a different tool or different



Medium vibration risk equipment can usually be used regularly throughout an eight-hour working day with low likelihood of vibration injury. Find out how long you can use the tool safely.

Low vibration risk equipment can usually be used regularly throughout an eight-hour working day with low likelihood of vibration injury. Find out how long you can use the tool safely.

Consult your supervisor if you are not sure how to do this risk assessment.

If you have no information about vibration levels, then you should monitor your fingers. Anything which causes numbness or tingling in your fingers during or after use should be considered “high vibration risk”, until you can find out more about the vibration risk from the tool.

If the numbness or tingling is noticeable only after the best part of the day's use, the equipment should be considered “medium vibration risk”.

Even equipment which is causing low vibration risk can cause a problem if it is badly maintained or abused during the day.

Cold hands are more likely to be affected by vibration from tools, as the blood supply is already reduced.

Gripping too tightly onto the tool can lead to more vibration being transmitted to your hands.

Poor blood circulation generally, due to lack of exercise, or smoking can also mean that some people are more likely to suffer vibration white finger.



High vibration risk equipment could cause vibration injury even when used for a short time each day – this could vary from as short a period of a few minutes, to a few hours. You will need adequate precautions or control if you use this equipment regularly. Find out how long you can use the tool safely.



WHAT LEADS TO HAND ARM VIBRATION?

Vibration from tools such as breakers, angle grinders and chainsaws is transmitted straight into your hands through the handles. Even equipment which you walk behind, such as a plate compactor, can cause high levels of vibration in your hands and arms. Some equipment causes more vibration than others. Members of the HAE and the Construction Confederation have developed a simple indicator of the vibration risk from hand tools. The following stickers will be displayed on vibrating hand tools for your guidance. See if you can use another tool with lower vibration levels.