

# Exposure to Vibration.

| No | Activity  | Hazard  | Person(s) in Danger      | Control Measures  | Residual Risk Rating |
|----|---|---|--------------------------|---|----------------------|
| 10 | Work activities involving the use of vibrating tools and / or equipment | <p>Effects of Vibration</p> <p>Risks of Hand Arm Vibration Syndrome (HAVS).</p> <p>Tingling in the fingers, fingers turning white, loss of dexterity, stiffness in finger joints.</p> | Employees<br>Contractors | <ul style="list-style-type: none"> <li>Avoid using vibrating tools or equipment by introducing alternative vibration-free processes.</li> <li>Where avoidance is not possible, consider different (safer) ways of working to reduce vibration exposure.</li> <li>Use the right tool for the job and only use maintained equipment.</li> <li>Select the lowest vibration tool that is suitable and can do the work efficiently.</li> <li>Ensure all tools and equipment are visually inspected prior to every use. Report any equipment defects to your Line Manager or Team Leader.</li> <li>Reduce the amount of time tools are used, e.g. job rotation, share the work with your colleagues.</li> <li>Ensure you identify the safe maximum daily usage time for the tools and equipment being used and do not exceed it. Record usage on HAVS record sheets.</li> </ul> <p><b>Improve your blood circulation by:</b></p> <ul style="list-style-type: none"> <li>Massaging and exercising your fingers regularly.</li> <li>Keeping hands warm and dry –wearing suitable work gloves.</li> <li>Adopting a comfortable stance –tense muscles increase the risk of ill health effects.</li> <li>Recognise signs that could indicate Hand Arm Vibrations (HAVS). Inform your Line Manager or Team Leader if you have symptoms.</li> <li>Ensure you cooperate with occupational health surveys when requested.</li> </ul> | Low                  |