



Vibration: Hand and Arm



Vibrations caused by power tools, machinery, vehicles, and heavy equipment affect the blood supply to the fingers and toes and can be serious and disabling.

Kevin's Story

Kevin had been a carpenter for 10 years when he began to feel tingling throughout his hand. He noticed that the tips of two of his fingers would turn white and lose feeling. His doctor diagnosed it as Raynaud's syndrome due to vibration from the tools he uses. He told Kevin that because it affects blood circulation and nerves, it could lead to tissue damage and may require surgery. Kevin is now thinking about other job options.

✂ **What could Kevin have done to prevent this long-term health problem?**

✂ **Has anyone you know experienced any of the symptoms Kevin had? If so, what did they do about them?**

Remember This

- Wear gloves or use anti-vibration wraps to improve grip strength and lessen the shock of vibrating tools.
- Take regular breaks when using tools that cause vibration
- Encourage your employer to
 - Purchase tools, bits, sawblades, and grinding wheels that are designed for reduced vibration.
 - Purchase power equipment that has handles isolated from the vibrating tool.
 - Perform regular maintenance on tools.
- If you are a heavy equipment operator, encourage your employer to provide
 - Padding on the seat
 - Dampening materials on the engine
 - Dampening materials on the cab flooring.
- Use cutting or power head dampening devices.

How can we stay safe today?

What will we do at the worksite to prevent hand and arm injuries from vibration?

1. _____

2. _____

OSHA Standard: Section 5(a)(1) of the OSHA Act

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