

HandArm Vibration

Workers who are regularly exposed to hand arm vibrations can develop damage to the soft tissues of the fingers, hands and arms.

Hand-arm vibration is vibration that moves into the hands and arms through the palms and fingers.

This occurs when someone is working with or holding:

- hand-held power tools (Sanders, jackhammers, rock drills, etc.).
- hand-guided equipment, like lawnmowers.
- materials being processed by machines (for example, using a pedestal grinder)



This causes symptoms that together are known as hand vibration syndrome (HVAS). HAVS:

- is a range of permanent injuries to one's fingers, hands and arms that includes damage to the vascular (or circulatory) system (for example, blood vessels), nervous system and musculoskeletal system
- symptoms may come and go over time however, with repeated and continued exposure to vibration, symptoms may become permanent
- symptoms generally occur after exposure to vibration over a few years, however symptoms can occur after only a few months
- is irreversible and there is no effective treatment or cure

The symptoms of HVAS are numbness, pain, and reduced blood flow in the fingers and hands. If you're frequently exposed to vibrations and have any of those symptoms, speak to a medical professional and/or first aid.

“Safety is a core value and business priority”



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