

# Hand-Arm Vibration

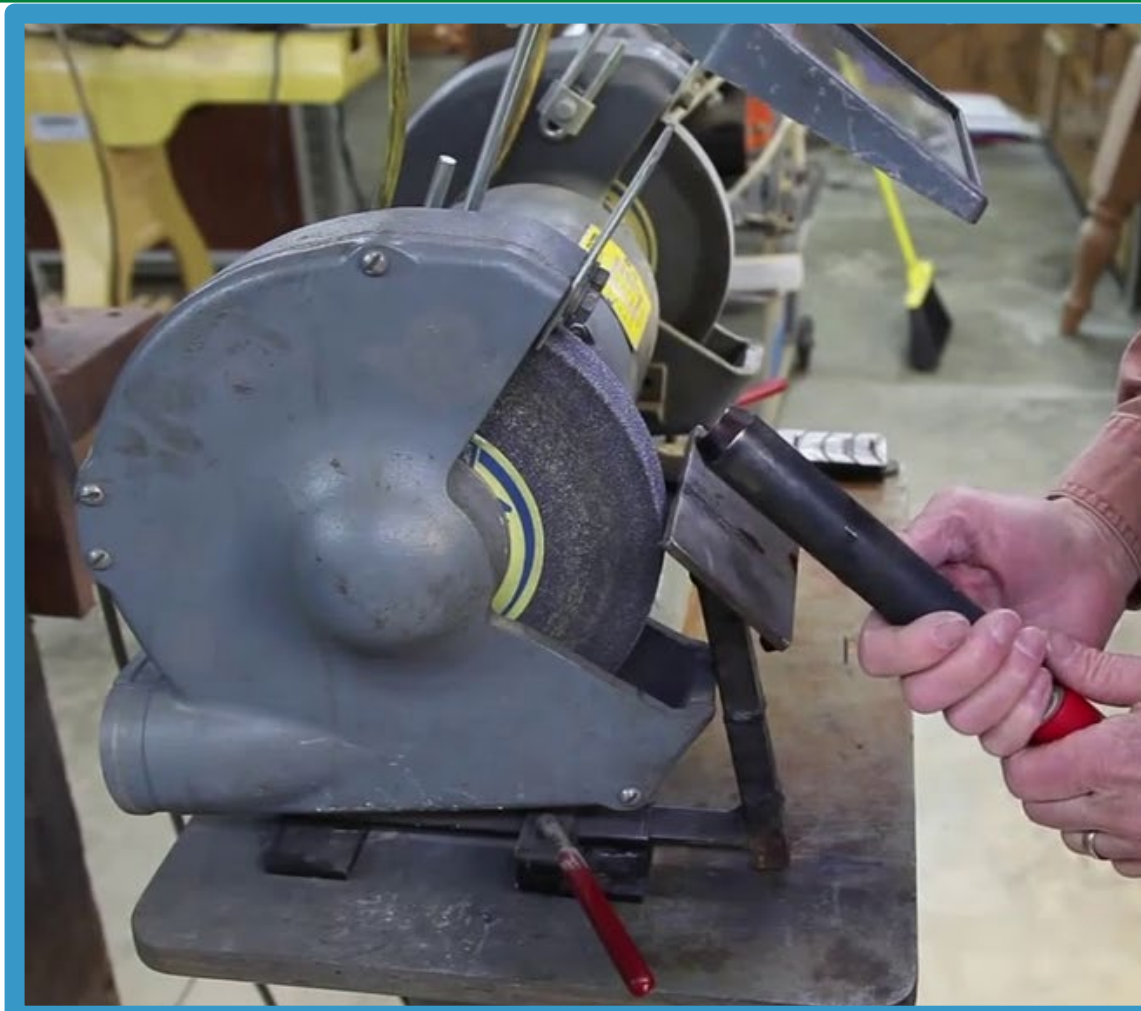
Supervisor  
Crew  
Talk

*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 (HAVS). 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"*



**West Fraser**