

## Vibration

**Prepare:** Quiet location? No distractions? Talk aids ready?

**Reason:** Exposure to vibration can result in serious and disabling injury.

**Why:** Many operatives do not appreciate the possible dangers from vibration.

**Outline:** This talk will cover the sources, effects and methods of overcoming excessive vibration.



### Effects Of Vibration

- Depending upon the work situation, vibration can be whole body vibration or, more commonly, hand arm vibration.
- The first signs of a problem may only be tingling in the affected fingers.
- Exposure to vibration can lead to irritation, fatigue and loss of concentration.
- The above effects are likely to affect a person's attention to safety and therefore, increase the likelihood of an accident occurring.
- In the longer term, damage may occur to blood vessels, nerves, muscles tendons and body organs.
- Excessive hand arm vibration can lead to 'Vibration White Finger', resulting in damaged blood vessels, circulatory problems, pain and possible gangrene.

**Q: Is there any part of your job during which you are subjected to vibration?**

### The Sources Of Vibration

- A common cause of hand arm vibration is the prolonged use of rotating hand tools used for cutting and grinding.
- Percussive hand tools used for riveting, chipping, hammering, drilling etc. are also sources of vibration.

### NOTES

### FOR MORE INFORMATION

Call: 01206 396 446

Email: [sales@steponsafety.co.uk](mailto:sales@steponsafety.co.uk)

Visit: [www.steponsafety.co.uk](http://www.steponsafety.co.uk)



## Vibration

- The use of chainsaws is also another source of hand arm vibration.

**Q: What tools do you use that cause hand arm vibration?**

### Avoidance Of Vibration

- Advances in technology are leading to newer tools being equipped or manufactured with vibration absorbing features.
- If available, select tools with vibration absorbing features for your work.
- When using a tool which causes vibration, break the job up with other work activities.
- If you think you are suffering ill effects from vibration, cease the activity, speak to your supervisor and if necessary seek medical advice.

**Q: What would you do if you noticed that your fingers were tingling after you had finished a long job in which you used an angle grinder?**

**Q: In what ways can excessive vibration be avoided?**

Do you have any questions for me?

**REMEMBER:**

**THE LONG TERM EFFECTS OF EXPOSURE TO VIBRATION CAN BE PERMANENT AND DISABLING. DO NOT LET IT HAPPEN TO YOU**

#### Sources

<https://www.hse.gov.uk/statistics/pdf/fatalinjuries.pdf>

<https://www.hse.gov.uk/statistics/industry/construction.pdf>

## NOTES

## FOR MORE INFORMATION

Call: 01206 396 446

Email: [sales@steponsafety.co.uk](mailto:sales@steponsafety.co.uk)

Visit: [www.steponsafety.co.uk](http://www.steponsafety.co.uk)