

INTRODUCTION

Hand Arm Vibration Syndrome (HAVS) is vibration transmitted from work processes into workers' hands and arms. It can be caused by operating hand-held power tools or by holding materials being processed by machines.

CONCERNS

Regular and frequent exposure to high levels of vibration can lead to permanent injury. This is most likely when contact with a vibrating tool or process is a regular part of a person's job.

Exposure to vibration can result in serious and disabling injury.

The first signs of a problem may only be tingling in the effected fingers.

Exposure to vibration can lead to irritation, fatigue and loss of concentration.

Likely to affect a person's attention to safety.

Long 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.



Once affected, Vibration White Finger does not get better, it stays with you for the rest of your life.

Many Road Marking Operatives do not appreciate the possible dangers from vibration.

KEY HAZARD EXAMPLES

- Drills used for installing crossing studs;
- Breakers used for removing studs;
- Scabblers used for marking removal;
- Paddle mixers used for preparing HFS materials.



RESPONSE

- Follow established safe working practices;
- Employ a minimum hand grip consistent with safe operation of the tool or process;
- Wear sufficient clothing, including gloves, to keep warm;
- Avoid continuous exposure by taking rest periods, including task rotation;
- Rest the tool on the work piece whenever practical;
- Refrain from using faulty tools;
- Inspect tools and equipment;
- Help your employer to maintain tools.



Consult with your Employer at the first sign of vibration related symptoms.

REMEMBER

- Poorly maintained tools and equipment can increase vibration exposure;
- The way you use tools and equipment will increase your vibration exposure;
- Maintain good blood circulation at work; e.g. by keeping warm, exercising fingers and not smoking;
- It is important not to confuse this with the symptoms that most people can experience when they are out in the cold for an extended periods of time.

Many of the symptoms of HAVS can occur in other conditions therefore it is important to ensure that the correct diagnosis is established and that workplace management is applied.