



Toolbox Safety Talks

Vibration

- 1)** What are the hazards/injuries involved with vibration?
 - a. Hand Arm Vibration Syndrome (HAVS)
 - b. Vibration White Finger (VWF)

- 2)** What hazards should be recognized?
 - a. Tools & equipment
 - b. PPE
 - c. Symptoms of HAVS

- 3)** What safe practices should be used when excavating?
 - a. Vibration can affect the whole body, but more commonly affects the hands and arms
 - b. The first signs may simply be a tingling in the fingers, but can also result in fatigue, irritation and loss of concentration – thus increasing the general risks to safety at work
 - c. Longer term effects can include damage to blood vessels, nerves, muscles, tendons and body organs, and potentially lead to “Vibration White Finger” (VWF)
 - d. Always wear adequate clothing to keep dry and maintain hand and body temperatures (cold is a contributory factor to VWF) – note that heavily padded gloves do not protect against vibration and can even increase vibration levels
 - e. Always let the work equipment do the work for you. Grip the handle as lightly as possible while ensuring a sufficient grip is maintained for safety
 - f. Do not use blunt tools – keep tools sharp and use the right tool for the job
 - g. Note that nicotine reduces the blood supply to hands and fingers, so if you are a smoker, you are at increased risk of VWF

- 4)** What equipment or tools do we use that cause a lot of vibration? Can this tool or machine be replaced?
- 5)** Has anyone ever experienced the symptoms stated above?
- 6)** What can we do to limit vibration in our jobs?
- 7)** Are there any other safety issues you would like to discuss?



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Make Time for Safety, Everyday! – Yes, production is important, *but the focus must be on Safe Production!* Keep that in the back of your mind. Don't take risky chances and stay out of harm's way. Nobody goes to work thinking 'I'm going to get hurt or killed on the job, today!' But every day 15,000-17,000 workers suffer disabling injuries on the job and another 11-17 are killed. *What are you doing to make sure it doesn't happen on your shift?*

Keep stoking the fire; we can't let the 'Safety Train' run out of steam!

Date Presented: _____

Presented By: _____

Attendance Sheet



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