



Toolbox Safety Talks

Hand & Arm Vibration

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- 1) What are the hazards involved with hand and arm vibration?
 - a. Vibration Syndrome—symptoms include muscle weakness, muscle fatigue, pain in the arms and shoulders, and Vibration-Induced White Finger (known as "Dead Finger" or "Dead Hand").
 - b. Carpal Tunnel Syndrome—sometimes caused by the use of smaller hand-held vibrating tools. Symptoms include tingling in the fingers, numbness and pain in the wrist and fingers.
- 2) What hazards should you be aware of?
 - a. Vibrating hand-held tools
 - b. PPE
 - c. Time on the job
- 3) What safe practices should be used to reduce your risk?
 - a. When possible, find ways to minimize the use of vibrating tools
 - b. Substitute manual tools for vibrating tools when practical
 - c. Replace high-vibration tools with low vibration tools designed to absorb vibration before it reaches the handgrip
 - d. Introduce work breaks to avoid constant, continued vibration exposure (a worker using a vibrating tool continuously should take a 10-minute break after each hour of tool use)
 - e. Maintain all tools to ensure their proper operation
 - f. PPE such as padded gloves should be considered
- 4) Which of our tools or equipment fits into this category?
- 5) Can any of our vibrating tools be substituted for something safer?
- 6) What other PPE can help?
- 7) Has anyone experienced any problems with vibration?
- 8) Are any of our tools in need of repair or adjustment?



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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
