



# Toolbox Safety Talks

## Hand & Arm Vibration

- 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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**Date Presented:** \_\_\_\_\_

**Presented By:** \_\_\_\_\_

### Attendance Sheet
