



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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Date Presented: _____

Presented By: _____

Attendance Sheet

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