What can you do:

- Use appropriate **LOW VIBRATION** tools
- Keep hands **warm and dry**
- Keep tools properly maintained
- Limit your exposure - **Take breaks** and perform tasks without vibrating tools
  - Let the tool do the work – avoid gripping and tool forces
  - Make sure cutting tools are kept **sharp**
  - Don’t smoke
- **Massage** and **exercise** your fingers during work breaks

Facts:

- HAVS is caused by repeated and frequent use of vibrating tools over time
- It can cause **IRREVERSIBLE** damage to your hands
- It affects the nerves, blood vessels, muscles and joints of your hands and wrists and arms

Common high vibration tools:

- Chainsaws • Hammer drills
- Jackhammers • Grinders
- Cut-off saws • Impact wrenches
- Jigsaws • reciprocating saws

HAND-ARM VIBRATION SYNDROME (HAVS)

Symptoms

- Loss of Sensitivity
- Numbness and Tingling
- Loss of Dexterity and GRIP strength
- Fingers go **WHITE** (especially in cold weather)
- **PAIN** in hands and wrists

Contact your local Occupational Health Professional for more information