

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Vibration

- Vibrations can be caused by tasks such as working with vibrating power tools and operating a forklift (body vibrations).
- Ergonomically sound methods to counter forceful exertions include:
 - Adding dampening devices to tools, machines, and motorized vehicles.
 - Rotating crews.
 - Wearing protective gloves.
 - Using anti-vibration power tools.
 - Using handle covers.
 - Suspending/supporting tools.
 - Using energy absorbing floor mats.
- Rotary hammers, chain saws, grinders, and jackhammers all cause vibrations to travel through the hand.
 - Long-term use of vibrating tools can damage blood vessels and nerves in your hands and fingers.
 - The risk of injury is increased if you are also exposed to cold.
- Try to avoid using tools that vibrate excessively, or use a tool that emits fewer vibrations that can accomplish the same task.
- Make sure tools are inspected regularly and in good working condition.

Notes:

Instructor Tips

- **Ask workers to discuss some of the symptoms that may indicate that a tool is vibrating excessively.**

Answers may include fingers turning white, fingers becoming numb or hurting, and fingers losing strength or feeling.
- **Ask workers to discuss which methods listed in the second bullet, they use.**

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Ergonomics (6)