

SMOHIT Body Maintenance

Toolbox Talks for the Sheet Metal Industry

Hand-Arm Vibration Syndrome Prevention

- Preventing Hand-Arm Vibration Syndrome (HAVS) is best accomplished by having a well-trained workforce and by making them aware of:
 - How to recognize symptoms like finger tingling, numbness and finger blanching.
 - The critical need to immediately report any HAVS related symptoms to management and to schedule a checkup with their doctor as soon as possible.
 - The possible serious health effects of overtime, shiftwork and double shifts, which require the use of vibrating tools.
 - The role that properly maintained tools plays in minimizing the likelihood of developing HAVS symptoms.
 - Poorly maintained tools will have higher vibration levels than well-maintained tools.
 - Report poorly functioning tools immediately.
 - Ergonomic aspects of tool use and the relation to correct body posture.
 - The need to avoid unnecessary vibration exposure by proper tool handling.
 - The need to wear anti-vibration gloves and to use shock absorbing mats.
 - The need for whole body warmth and especially warm, dry hands.
 - The correct design, fit and use of PPE.
 - The need for appropriate work/rest schedules and job rotations when assignments require the use of vibrating tools.
 - The need for exercise programs which can help maintain blood circulation.
 - The need to understand vibration exposure levels from the tools used.

Notes:

Instructor Tips

- **Explain that on average 46% of workers that use vibrating tools can experience the symptoms of HAVS.**
- **Stress the importance of not ignoring the warning signs of HAVS, diagnosis in the later stages may be untreatable.**
- **Explain that when HAVS symptoms first appear in middle age workers, they may take longer to resolve or in the worst cases, may be permanent.**

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

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Work-Related Ailments (03)