

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

Facts:

- HAVS is caused by repeated and frequent use of vibrating tools over time
- It can cause **IRREVERSABLE** 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



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

Contact your local Occupational Health Professional for more information