

## Why Talk about Vibration?

Many different types of tools and equipment cause vibration. Vibration greatly increases the potential of injury to the body's tendons, muscles, joints and nerves.

Vibration is a cumulative risk factor. Workers who are exposed to vibration may not even realize their injuries initially and it can take years to appear. When vibration is combined with intensity, frequency, duration and temperature the risk of injury increases dramatically.

**Whole Body Vibration** - Vibration is transmitted to the body through the legs and buttocks. This is caused by sitting or standing on a piece of vibrating equipment.

**Symptoms** - fatigue, stomach problems, headache, loss of balance and "shakiness" shortly after or during exposure.

**Hand-Arm Vibration** - This is vibration transmitted to the body through the hands and arms. This type of vibration can be experienced when using vibrating hand tools.

**Symptoms** – whitening of one or more fingers exposed to cold, tingling and loss of sensation in the fingers, pain and cold sensations in the fingers, loss of grip strength, and bone cysts in fingers and wrists

## What are some of the hazards associated with Vibration?

You may not be able to eliminate vibration, but you may have the potential to mitigate the intensity and duration you are exposed too.

Here are some of the common risks related to vibration:

- Sitting or standing on vibrating surface
- Poor postures while operating vehicles or tools
- Jumping off equipment
- Twisting while operating equipment
- Using power tools for extended periods of time
- Operating poorly maintained equipment or tools.



Vibration using hand tools for an extended time.



Vibration while driving for an extended time.



## How can I reduce the risk of an injury?

Here are some tips for working safely and preventing an injury from occurring.

- Avoid sitting for prolonged periods on a vibrating surface by breaking up driving / operating tasks
- Operate equipment at appropriate speeds and drive with care to minimize road vibration and jarring
- Adjust seating when operating equipment to support the lower back and minimize awkward postures
- Rotate between vibration and non-vibration tasks.
- Use 3 points of contact when getting on and off vehicles; don't jump
- Keep tools and equipment well maintained.
- Take microbreaks throughout the day
- Use the correct tool for the job
- **Use the hierarchy of controls and plan your work accordingly**



MEETING DESCRIPTION			
Meeting Date:		Time:	
Location:		Supervisor:	
Number in Crew:		Number Attended:	
Attended By:			Absent

REVIEW ITEMS FROM PREVIOUS MEETING	INCIDENTS/INJURIES REVIEWED

TOPICS DISCUSSED
1.) <b>MSI – Vibration – Hand, Arm and Whole Body Exposure</b>

WORKERS CONCERNS

CORRECTIVE ACTIONS TO BE TAKEN

MEETING CONDUCTED BY			
Supervisor:		Manager:	
Date:		Date:	