

Vibration: Hand, Arm and Whole Body Exposure

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 intially and it can may 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?

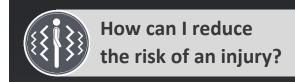
You may not be able to eliminate vibration, but you may have the potential to mitigate the intensity and duration you are exposed too.

Here are some of the common risks related to vibration:

- Sitting of 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.







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 nonvibration 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









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MEETING DESCRIPTION					
Meeting Date:			Time:		
Location:	: Supe		Superviso	r:	
Number in Crew	in Crew: Number		Attended:		
Attended By:					Absent
REVIEW ITEMS FROM PREVIOUS MEETING INCIDENTS/INJURIES REVIEWED					
TOPICS DISCUSSED					
1.) MSI – Vibration – Hand, Arm and Whole Body Exposure					
WORKERS CONCERNS					
CORRECTIVE ACTIONS TO BE TAKEN					
CONNECTIVE ACTIONS TO BE TAKEN					
MEETING CONDUCTED BY					
Supervisor:			N	/lanager:	
Date:			0	ate:	

