

Hand-Arm/Whole Body Vibration

Affected Sectors: Construction, Trucking, Manufacturing

Hazards

Contributing Factors

Duration

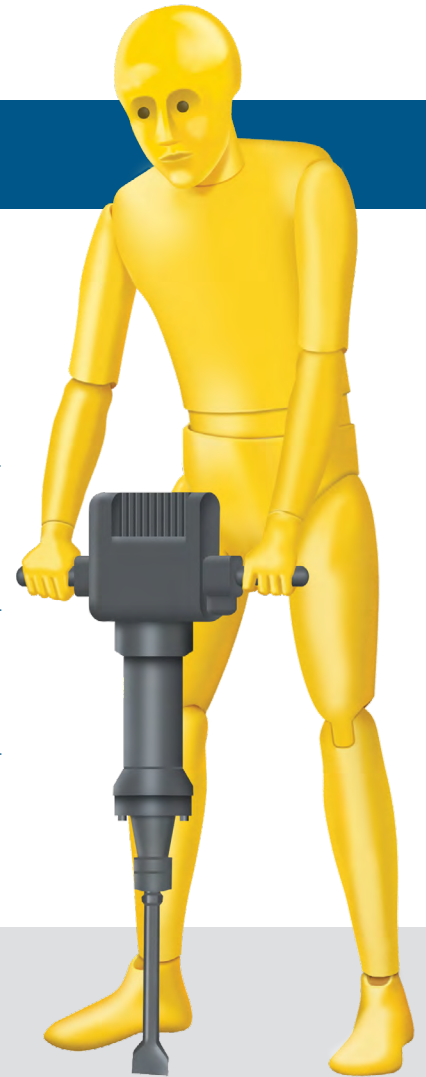
- Exceeding manufacturer's guidelines
- Continuing through strain and fatigue

Temperature

- Cold and damp can accelerate onset of symptoms

Posture

- Slouching



Did You Know?

Vibration can cause long-term, painful damage to your hands and fingers, and contribute to severe back pain.

Possible Controls

Quick Wins

- Wear vibration-damping gloves/wraps.
- Conduct maintenance of equipment.
- Wear additional clothing for cold exposures.
- Take frequent rest periods.

Long-Term Planning

- Modify work method to eliminate or reduce exposure.
- Purchase equipment with appropriate ergonomic design (i.e. suspension seats).