



Work With Vibrating Tools

Have you ever experienced a tingling, pain or numbness while operating vibrating tools? You may think these signs are just part of your job and continue with your task. However, your body is giving you warning signs that something is not right.

Vibrating tools cause hand and arm vibration. The operation of these tools create a rapid back and forth motion that is transmitted from the tool to the hands and arms. This can cause a condition known as Vibration-induced White Finger (VWF), or Raynaud's Syndrome. It is caused when the circulatory system in your hands and fingers are damaged during use of vibrating tools. This, in turn, impairs circulation in your hands and fingers. Although acute symptoms may subside, the condition can be chronic and worsen progressively with repeated exposure.

Typical Sources

- Drills;
- Grinders;
- Sanders;
- Lawn mowers;
- Jack hammers;
- Reciprocating tools;
- Chain saws.

Symptoms

- Tingling fingers;
- Fingers turning white or blue;
- Difficulty picking up small objects;
- Reduced sense of heat and cold;
- Pain in hands;
- Numbness.

Ways to reduce exposure to VWF:

- Utilize tools that are in good condition;
- Employ tools that have built-in anti-vibration features whenever possible;
- Let the tool do the work without placing a lot of force on the tool or with a tight grip;
- Limit the time the vibrating tool needs to be used whenever possible;



- Alternate the use of vibrating tools frequently with other tasks;
- Keep hands warm;
- Wear anti-vibration gloves.



Remember: "No task is so important that it be done at the risk of Safety."