

REDUCE FINGER VIBRATION NOW SAVE YOUR HANDS FOR LATER

Excessive vibration caused by power tools can lead to Hand Arm Vibration Syndrome, otherwise known as Vibration White Finger, resulting in long-term damage to the nerves, muscles and joints of hands and arms



FACT

Two million UK workers are currently exposed to levels of Hand Arm Vibration where there are clear risks of developing disease*

*HSE 2007

ACT BEFORE IT'S TOO LATE!

- ✓ Use equipment with reduced vibration levels
- ✓ Consult manufacturer's recommended usage times on tools
- ✓ Reduce the amount of time you use a tool in one go – do other jobs in between
- ✓ Avoid gripping or forcing a tool any more than you need
- ✓ Make sure cutting tools are kept sharp so that they remain efficient
- ✓ Massage and exercise your fingers during work breaks
- ✓ Increase blood circulation by keeping warm and dry



FOR MORE INFORMATION

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