S

Talk No. 31

Start time End

Duration

1. Introduction:

1.1 Vibration can cause unaware of the risks road breakers, chail guns etc.

2. Main Points:

- Reduce the potential those with vibration
- 2.2 If using work equipr up with other activit
- 2.3 If you think you are immediately and sp

3. Points to remember

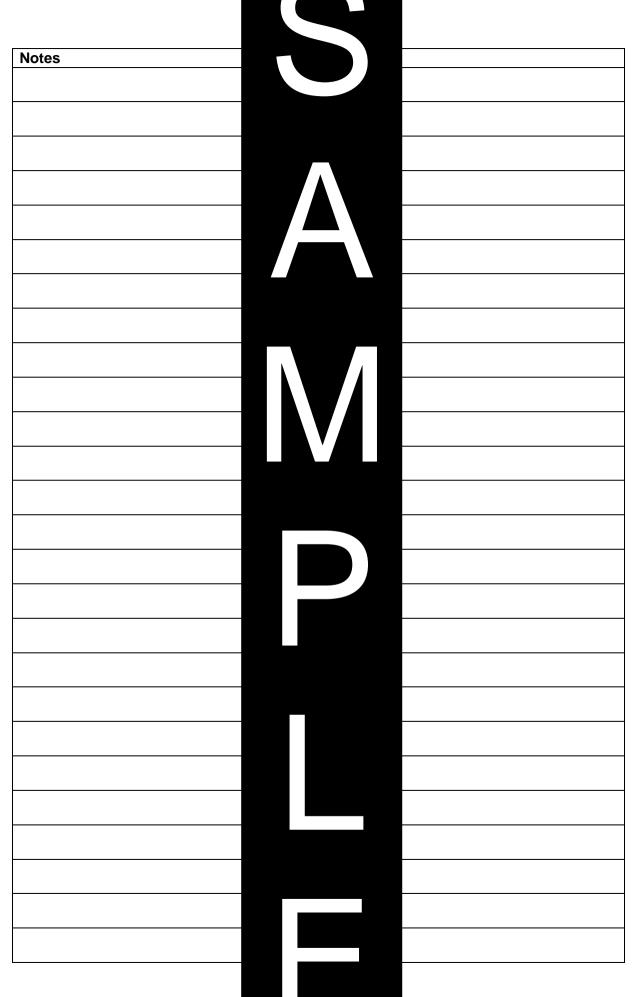
- Vibration can affect arms.
- 3.2 The first signs may fatigue, irritation and to safety at work.
- Longer term effects tendons and body o (VWF).
- 3.4 Always wear adeque temperatures. (Color gloves do not protection)
- 3.5 Always let the work as possible whilst e
- 3.6 Do not use blunt to
- 3.7 Note that nicotine re a smoker, you are a

uries, but many operatives are s can cause vibration including tools, rotating hand tools, riveting

selection of work equipment (use

- n, plan the task so that it is broken ongst several employees.
- of vibration, stop the activity necessary, seek medical advice.
- e commonly affects the hands and
- fingers, but can also result in thus increasing the general risks
- lood vessels, nerves, muscles, d to "Vibration White Finger"
- and maintain hand and body to VWF.) (Note: Heavily padded an even increase vibration levels.)
- or you. Grip the handle as lightly naintained for safety.
- nd use the right tool for the job.
- o hands and fingers, so if you are

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ATTEN SHEET Talk No. 31 ION All operatives listed and signed belo Box Talk. NAME