



Hand-Arm Vibration Syndrome



What is Hand-Arm Vibration Syndrome?

Hand-arm vibration syndrome (HAVS) is a potential health hazard to workers in any occupation involving repetitive use of vibrating tools.

The Effects of Hand-Arm Vibration Syndrome

- Carpal tunnel syndrome
- Prolonged exposure to hand-arm vibration can cause damage to blood vessels, nerves, tendons, ligaments, muscles, and bones.
- Symptoms include tingling, pins and needles, loss of feeling in the fingers, pain and throbbing in the fingers, loss of manual dexterity, painful joints, and pain when the hands warm up after getting cold.
- Raynaud's syndrome also has the same effect on the hands.

Ways to Avoid Hand-Arm Vibration Syndrome

- Try to avoid the use of hand-held tools that generate vibration.
 - If you can't avoid using hand-held tools, then select low-vibration or vibration-reduced tools.
- Take regular breaks when using tools that vibrate.
- Use a good technique when using hand-held tools – do not grip too tightly or apply excessive force; let the tool do the work.

