

List VWF hazards on site

tools more than 60 minutes (cumulative) per day.

- how long the vibrating tool or equipment is used
- whether operation is off-and-on, or continuous
- workplace temperature (cold is a major trigger for Vibration White Finger)
- whether or not you smoke (smoking reduces blood flow to your fingers).

Explain dangers

“Vibration White Finger” is a disease that makes your fingers turn white. It starts when your hands are exposed to too much vibration. Vibration White Finger damages blood vessels, nerves, and muscles.

There are several symptoms:

- numbness and tingling in fingers
- whitening—first your fingertips, then your whole finger
- spasms in fingers
- attacks lasting up to half an hour—often with whiteness changing to deep red—and becoming very painful
- permanent loss of feeling in your fingertips
- reduced grip strength
- attacks that become more frequent and painful.

Tool and equipment operators are at the most risk. Their hands are often exposed to high levels of vibration. High-vibration equipment includes road drills, chipping hammers, compactors, and chainsaws.

Risk depends on

- the magnitude (acceleration) of vibration. Tools such as impact wrenches, chainsaws, and jack hammers can be high-risk if workers use these

Identify controls

- Where possible, do the job without using vibrating tools or equipment.
- Use tools with built-in anti-vibration features.
- Wear anti-vibration gloves as classified under ISO Standard 10819.
- Don't use vibrating equipment for long periods, especially in the cold. Short bursts are better.
- Keep your whole body warm—your hands and chest especially.
- Don't smoke.
- Keep equipment in good condition. Poorly maintained equipment can produce excess vibration. Report poorly functioning tools to your supervisor immediately.
- Follow an appropriate work/rest schedule. Rotate between different jobs.
- Exercise. It can maintain healthy blood circulation.
- Don't ignore signs and symptoms. See your doctor right away.

Demonstrate

- Ask the crew to describe any problems they have had with vibrating equipment.