



**Hand/Arm Vibration Syndrome (HAVS)** is caused by the frequent & repeated use of hand-held vibrating tools, such as power drills, hammer drills, concrete vibrators, chainsaws, jackhammers, powered lawn mowers, brush cutters, pedestal grinders or oscillating tools.

The loss of feeling (pins & needles) in one or more fingers is one of the first symptoms of HAVS.

**Other symptoms include**

- Inability to able to feel things with your fingers,
- Loss of strength in your hands,
- Tips of fingers going white (and possibly then red)
- Fingers becoming painful in cold or wet weather.

**The prevention of HAVS is important, because once you experience the onset of symptoms, there is no cure.**

- Buy good quality, low vibration tools.

- Use urethane power tool handle grips or dampening pads.
- Poorly maintained tools tend to develop worn or loose parts that may vibrate.
- Keep your hands warm so that blood flow is not restricted.
- Avoid smoking as this also restricts blood flow.
- Grip the tool as lightly as possible, so as not to restrict blood flow.
- Keep the cold exhaust air of pneumatic tools away from the hands.
- **Use work rotation as a method to reduce the exposure to vibration.**
- One of the key elements of preventing HAVS is keeping the hands warm and maintaining good blood flow.
- Use good quality gloves with vibration dampening qualities built in.
- True anti-vibration gloves are labeled “meet ANSI S2.73/ ISO 10819 standards”.
- Practice finger/hand stretching & massaging to assist good blood flow.