

- Hand Arm Vibration Syndrome is commonly called HAVS.
- It is caused by prolonged exposure to high levels of vibration, this is often as a result of using hand held tools.
- Exposure to high levels of vibration can cause impaired blood flow to the fingers, nerve damage, swelling and pain in joints, and long term muscle damage may also occur.
- Symptoms can include; tingling and numbness of the fingers, 'blanching' of the fingers (they go white in cold and/or wet weather), loss of feeling of touch, loss of strength in your hands/fingers.
- When you are using hand held tools an assessment must have been done before you start work. This assessment should include how much time you can safely use the equipment for.
- Other ways to prevent HAVS are to ensure tools are well maintained and that your hands are kept warm and dry.
- If you think you have any of the symptoms of HAVS it is very important to get checked by your doctor. HAVS can be a disabling disease.

Did you know?

It is estimated that nearly 300,000 people in the UK suffer from HAVS.



Q: What are some of the symptoms of HAVS?

Q: What should be included in the assessment of the work?

Q: What can you do to help prevent HAVS?