

# VIBRATION

**Some tools or bumpy drives may expose you to vibration. What a lot of people don't know is that too much vibration can lead to injuries.**

## WHOLE BODY VIBRATION:

Operators of machinery, drivers and passengers can be exposed to whole body vibration if on rough surfaces or if an engine vibrates heavily. The vibration spreads throughout your body and can make any existing illness worse –such as cardiovascular or respiratory problems, digestive or balance and vision problems. Exposure over a long period also increases the risk of lower back pain.

## HERE ARE SOME TIPS TO HELP WITH WHOLE BODY VIBRATION:

- Try to eliminate the vibration if you can (such as choosing another route, avoiding pot holes).
- Maintain your equipment, including seats.
- Try to use well-designed machines/seats with low vibration levels.
- Take regular breaks or rotate tasks if you are exposed to vibration.

## HAND-ARM VIBRATION:

Have you ever heard of carpal tunnel, tennis elbow or vibration white finger? What you may not know is that regular use of vibrating hand-held tools, such as jackhammers, chainsaws, grinders and drills, can cause these types of injuries if you are exposed to too much vibration. This vibration reduces the blood circulation, which can lead to damage to nerves, tendons, muscles, bones and joints. You may feel this as pain, tingling or numbness.

## HERE ARE SOME TIPS TO HELP PREVENT HAND-ARM VIBRATION INJURIES:

***Try to use an alternative method to avoid vibration. If you can't then:***

- Don't grip handles too tightly.
- Avoid working in awkward postures.
- Alternate regularly with jobs that don't expose you to vibration.
- Choose tools with low vibration levels.
- Keep your hands warm in the colder months (careful though, because gloves can make you grip harder, which you want to avoid).
- Maintain your tools. (blunt tools will increase your risk of injury)

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