

Use low vibration hand tools



Vibration from hand tools can damage nerves and blood vessels in the hands and arms.



A low-vibration tool means less fatigue and lower risk for injury, better work quality and productivity.



Safety meeting talking points

- Vibration can damage the nerves and blood vessels in your hands and arms.
- Your risk of injury is based on the amount of vibration the tool puts out, and the amount of time that you spend using it – the “trigger time.”
- Your risk also goes up if you have to grip the tool tightly, or use it in awkward positions, such as bending your wrists.
- Poorly maintained tools have more vibration and take longer to get the job done.
- Tools with less vibration are safer, and won't tire out your hands and arms as quickly.
- Keep your hands warm and dry when using tools that vibrate.

Discussion question

- Can we use different work methods to reduce power tool use, or replace some tools with low vibration ones?