

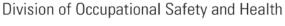
Use low vibration hand tools



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?