



Hand safety with vibration tools

How does daily use of vibration tools affect you?

Using vibrating tools like grinders, drills, jackhammers, and impact wrenches puts constant stress on your hands and arms. Over time, this causes real, measurable effects to your blood vessels, nerves, and muscles — a condition known as Hand-Arm Vibration Syndrome (HAVS).

What Vibration Affects

<u>Blood vessels:</u>	Reduced circulation, white or blue fingers; especially in cold
<u>Nerves:</u>	Numbness, tingling, loss of sensation in fingers and hands
<u>Muscles & joints:</u>	Weakened grip, reduced pinch strength, early joint wear

The Over Gripping Cycle

As vibration numbs your hands, your brain compensates — making you grip harder without realizing it. This repeats all shift long.

Vibration
numbs
hands

Brain
loses
feedback

You grip
harder

Fatigue
increases

How Exposure Adds Up



Talk to your supervisor or health provider if...

- You have persistent numbness/tingling in your fingers even without using vibrating tools
- Your fingers turn white or blue in the cold or take a long time to warm back up
- Your grip feels weaker or you struggle with tasks that used to feel easy
- You use vibrating tools for 2+ hours/day, and you have any symptoms listed above

5 Things you can do today to prevent HAVS

1. **Check your grip** throughout the day — hold only as hard as you need to
2. **Take a break** every 30–60 min to let nerves and vessels recover
3. **Keep hands warm** — cold tightens vessels and worsens potential harm
4. **Ask about lower-vibration tool options** on your job site
5. **If you smoke, consider quitting.** Smoking further constricts blood vessels and worsens vibration-related circulation concerns.



Consciously relaxing your grip — even slightly — is one of the most effective things you can do each day.