

Hand-Arm Vibration — Risk Assessment

Site-specific. Complete, sign, review. Delete rows that do not apply.

Assessor: _____ Site: _____ Date: _____ Review due: _____

Hazard	Who is harmed and how	Controls required	Further action	Done
Prolonged use of breakers, grinders, sanders, drills, chainsaws or compactors	Regular users. HAVS: permanent nerve and circulatory damage, loss of grip and dexterity, pain	Calculate exposure from the declared value and actual trigger time. Rotate jobs. Low vibration tools. Do not exceed the limit value		
Guessing exposure instead of calculating it	Everyone. Under-estimated exposure and no controls	Use the points system. Record the calculation. Review when tools or tasks change		
Blunt, worn or badly maintained tools	User. Much higher vibration for the same work	Sharp bits and blades. Planned maintenance. Withdraw worn tools		
Gripping too tightly, or cold hands	User. Increased transmission and reduced circulation	Minimum grip needed. Keep hands warm and dry. Gloves for warmth, not as anti-vibration PPE		
Carpal tunnel syndrome from vibration	User. Nerve compression, surgery	Same controls. Health surveillance picks it up		
Symptoms never reported	The worker. Diagnosis only when irreversible	Culture where reporting is expected and nobody is penalised. Ask at every toolbox talk		
No health surveillance	Workers. Disease progresses undetected	Health surveillance where the action value is likely to be reached		
Whole-body vibration from ride-on plant	Operators. Back pain and injury	Separate assessment. Seat maintenance, ground condition, speed		

Assessor	Reviewed by	Date	Review due

Scope and limitations — read before use

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