

Hand-Arm Vibration — Safe System of Work

Display a copy where the work is done.

Before you start

- Ask whether the task can be done without a vibrating tool at all.
- Check the tool's declared vibration value and work out the trigger time you can allow.
- Check the tool is sharp, serviced and not worn. Blunt tools vibrate far more.
- Plan job rotation before you start, not when someone complains.
- Make sure hands will be warm and dry.

The numbers that get checked

Item	Requirement	Why
Exposure action value	2.5 m/s ² A(8) = 100 points	Take action and provide health surveillance
Exposure limit value	5 m/s ² A(8) = 400 points	Must NOT be exceeded
Breaker	Can reach the action value in roughly 5 minutes of trigger time	The figure that surprises people most
What counts	TRIGGER time, not the length of the shift	Time the tool is actually vibrating in the hand
Gloves	Keep hands warm. They are NOT anti-vibration PPE	Never present gloves as the control
Early symptom	Tingling or numbness in the fingers	Report the same day

While you are working

- Grip only as tightly as you need to control the tool.
- Let the tool do the work. Do not force it.
- Take the planned breaks. Exposure builds across the day.
- Keep hands warm.
- Stop and report immediately if you feel tingling or numbness.

Stop immediately if

- You feel tingling, numbness or whiteness in the fingers.
- The tool is blunt, worn or vibrating more than usual.
- You have reached your planned trigger time.
- You have no way of knowing how long you have been on the tool.

Scope and limitations — read before use

IMPORTANT — SCOPE AND LIMITATIONS. This document is a template and guidance product. It is a starting point, not a finished assessment. Every workplace is different, and only the employer knows their own site, vehicles, people and tasks. The legal duties under the Health and Safety at Work etc. Act 1974, the Provision and Use of Work Equipment Regulations 1998, the Workplace (Health, Safety and Welfare) Regulations 1992 and all other relevant law remain with the employer at all times and cannot be transferred to PHW Services or to any document. You must read, adapt and complete this material for your own site, satisfy yourself that it is suitable and sufficient, and seek competent advice where you are unsure. PHW Services does not warrant that using this pack will prevent an accident, prevent

enforcement action, or achieve compliance in any particular case. Nothing in this pack is approved or endorsed by the Health and Safety Executive.

Contains public sector information published by the Health and Safety Executive and licensed under the Open Government Licence v3.0. This pack is not an HSE publication, is not approved or endorsed by HSE, and does not reproduce the HSE logo. Always refer to the current HSE guidance and legislation at hse.gov.uk, which may have changed since this pack was written.