

### List VWF hazards on site

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- whether operation is off-and-on or continuous
- workplace temperature (cold is a major trigger for vibration white finger)
- whether or not you smoke (smoking reduces blood flow to your fingers).

### Identify controls

- Where possible, do the job without using vibrating tools or equipment.
- Use tools with built-in anti-vibration features.
- Keep warm—your hands especially.
- Don't smoke.
- Exercise your hands and fingers to keep blood flowing.
- Don't use vibrating equipment for long periods, especially in the cold. Short bursts are better.
- Keep equipment in good condition. Poorly maintained equipment can produce excess vibration.
- Don't ignore signs and symptoms. See your doctor right away.

### Explain dangers

“Vibration White finger” is a disease that makes your fingers turn white. It starts when your hands are exposed to too much vibration.

Vibration White Finger damages blood vessels, nerves, and muscles.

There are several symptoms:

- numbness and tingling in fingers
- whitening—first your fingertips, then your whole finger
- spasms in fingers
- attacks lasting up to half an hour—often with whiteness changing to deep red—and becoming very painful
- permanent loss of feeling in your fingertips
- reduced grip strength
- attacks that become more frequent and painful.

Tool and equipment operators are at the most risk. Their hands are often exposed to high levels of vibration.

High-vibration equipment includes road drills, chipping hammers, compactors, and chainsaws.

Risk depends on

- how long the vibrating tool or equipment is used

### Demonstrate

Ask crew to describe any problems they have had with high-vibrating equipment.