



# Hand-Arm Vibration Syndrome

ScreenSafe UK Occupational Health partners provide a range of HAVS services both regional Occupational Health facilities or at your own premises.

- Screening and Evaluation
- Physical Examinations
- Ongoing Support
- Assessment & Management of Risk
- Policy Writing and Review
- Employee Briefings
- Reports, Recommendations & Advice
- Specialist Referrals

Anyone who regularly and frequently is exposed to high levels of vibration can suffer permanent injury. There is no effective treatment; prevention is the only cure. Vibration hazards at work manifest themselves in two forms:

- Whole body vibration (WBV) where the body is shaken by a machine or vehicle
- Hand-arm vibration (HAV) where vibration effect is localised to specific parts of the body.

Exposure to hand-arm vibration may result in a range of health effects collectively known as Hand-Arm Vibration Syndrome or HAVS. The most well known is vibration white finger (VWF); other effects include damage to nerves, muscles and joints. A Medical Research Council survey recently estimated 301,000 suffers of VWF in Great Britain. VWF is a prescribed disease, so the worst affected workers may be eligible for Industrial Injuries Disablement Benefit. Workers suffering relatively mild symptoms of VWF can secure compensation up to £7000 through the courts. Workers exposed to Whole Body Vibration (WBF) experience symptoms ranging from fatigue, insomnia, headaches, and shakiness through to circulatory, bowel, respiratory, muscular and back disorders. WBV is a particular risk to plant and machinery operators. Most at risk of VWF are regular users of hand-held powered tools such as:

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|----------------------|------------------|
| Concrete Breakers    | Chipping Hammers |
| Jigger Picks         | Vibrating Pokers |
| Sanders              | Angle Grinders   |
| Vibratory Compactors | Hammer Drills    |
| Jigsaws              | Scabblers        |



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For further information and prices, please contact:



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