

# Hand Arm Vibration Syndrome (HAVS)

## Did you know?

Hand Arm Vibration Syndrome is caused by **REPEATED USE** of vibrating tools over a period of time

It can cause **IRREVERSIBLE DAMAGE** to a persons hands and be severely disabling

Network Rail adheres to all legislation to **PROTECT THE HEALTH** of its workers from the effects of vibration

## What can you do?

✓ **ALWAYS** use the right tool for the job

Where possible **AVOID** using vibrating tools altogether



👍 Check tools before using them to make sure they are **WORKING PROPERLY** and have been maintained

**LIMIT** the amount of time you spend in a day **USING** vibrating tools



☁️🌨️ Keep your hands **WARM** and **DRY** in cold weather

Learn to **SPOT** the early signs of vibration and if they occur **REPORT** them to your manager as soon as possible



📄 **ALWAYS** participate in any **HEALTH** surveillance programme

## What can you do next?

📞 OR 🖥️

For more information visit the occupational health and wellbeing pages on connect

If you have any concerns speak to your line manager who will arrange occupational health support

## What are the main symptoms of Hand Arm Vibration Syndrome?



Numbness or tingling of fingers



Loss of sensitivity



Fingers may go white especially in cold weather



Loss of strength in hands



Pains in hands or wrists



## For more information...

visit the occupational health and wellbeing pages on connect, or to download podcasts, videos and presentations visit Safety Central: [Safety.networkrail.co.uk/Communication-and-Health/Occupational-Health-and-Wellbeing](http://Safety.networkrail.co.uk/Communication-and-Health/Occupational-Health-and-Wellbeing)



everyone fit for the future



everyone home safe every day