

# Speedy Intelligent Safety Hand Arm Vibration

As part of its 'Intelligent Safety' campaign, Speedy has created this infographic to illustrate the dangers of hand arm vibration and how to control and minimise the risk.

## The facts\*

**5 million**  
workers are exposed  
to risk from HAV

**1.7 million**  
workers exposed to  
risk above potentially  
dangerous level

**300,000**  
workers already  
suffer from HAV

**280,000**  
from Vibration  
White Finger



\* Source HSE

## Health risks



### HAV

is caused by vibration transmitted into workers hand and arms when not controlled, this can result in loss of use of fingers and hands and long term pain.

## Am I at risk?

Vibration can be transmitted to hands from:



HAMMER DRILLS



ELECTRIC SAWS



COMPACTOR PLATES



CHAIN SAW



ANGLE GRINDER



GRINDING MACHINE



CHIPPING HAMMER



STEERING WHEEL

## How can I control HAV?

Select low vibration tools

Use alternative to hand held tools

Ensure tools kept sharp

Reduce operating time of vibrating tools

Regular training on HAV issues

Low hand or body temperature increases risk of finger blanching from reduced blood circulation – in cold weather ensure outdoor workers have adequate protection

**Personal HAV meter measures the daily vibration exposure and alerts when high.**

To find out more about Speedy's range of HAV equipment and prevention solutions please visit: [speedyservices.com/intelligentsafety](http://speedyservices.com/intelligentsafety)