

Toolbox Talk – Vibration		Doc Ref	TBT004
		Version	01
		Date	Sep 2022
		Review Date	As required
Link to Youtube	https://youtu.be/yXc-2iG8z5I		

What is the Risk?

Many of us use power tools as part of our job and pretty much every power tool has some level of vibration. Although, vibration may not seem like the biggest hazard when it comes to power tools, prolonged exposure to vibration can lead to long term illnesses like carpal tunnel syndrome and vibration white finger. So although it may not seem like the biggest hazard it's definitely one we need to control.

How can we prevent health issues resulting from vibration?

As with any hazard, the first thing to think about is elimination. Is there a way of doing the job without using power tools or exposing yourself to vibration. There are a few ways to do this, consider using:

- Tools that are mounted on plant such as hydraulic breakers, rather than using hand held breakers.
- Tools that are not hand held, such as a pillar drill or a mag drill.
- Using tool mounts which, eliminate the need to hold the tool whilst using it.

Obviously, it is not always possible to eliminate exposure to vibration entirely and as such you should consider the following control measure:

- Selection of tools – Some more modern tools have antivibration mechanisms, which significantly reduce the amount of vibration that you are exposed to.
- Limit the amount of time you use the tool for each day – Each tool will have a different vibration magnitude and your health and safety team should have undertaken an assessment to define how long you can use the tool for each shift. This will be communicated to you in your safe system of work or method statement. You should never exceed the exposure time which has been given to you in your work instructions. In addition to this you should consider job rotation with your colleagues to extend the time your team can use the tool each day to get the job done.
- Maintain your equipment – The older your equipment gets, the more it will vibrate when in use. Similarly, dull blades, disks, bits or other attachments, will increase the amount of vibration you are exposed to. Make sure your tools are in good working order before you use them.
- Cold weather - Having cold hands can increase the effects of vibration on your body. If it is cold outside make sure you wear gloves to keep your hands warm and better yet wear antivibration gloves.
- Whole body vibration - Its not just your hands that can be effected, whole body vibration can cause a range of health issues for those using plant such as tractors and forklifts. The controls for this are pretty similar, eliminate where possible, reduce the exposure time, make sure the equipment is maintained etc.

Reporting

If you have any concerns or experience a tingling sensation in your hands, you should stop work and report it to your supervisor immediately. It is never worth risking long term health conditions to get the job done!

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I (the supervisor/manager) have briefed all personnel involved in the above toolbox talk including any specific information for this site (listed in the table below) – **Vibration**

Name:		Signature:		Date:	
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Site Specific Hazards

Write any key discussion points in the box below

- I / We, the undersigned have been instructed and fully understand the requirement regarding the reporting of near misses

Name:		Signature:		Date:	
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