

Salus Occupational

Salus is an NHS based provider of Occupational Health and Safety and return to Work services across the public and private sectors. It is the largest multidisciplinary service of the NHS and operates as a social enterprise model. Salus is owned and operated by NHS Lanarkshire. There are departments in each of the three main hospitals in Lanarkshire and a central department located in 14 Beckford Street, Hamilton Our service can provide advice help and support on matters related to health and work, We have a wide range of professionals with trained OH physicians, OH nurses, safety specialists, occupational hygienists, fire safety specialists, manual handling advisors and our administration staff. We provide a trusted and confidential service and aim to support man-



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Hand and Arm Vibration in the Workplace



Hand and Arm Vibration in the Workplace

Hand and Arm vibration is the cause of significant ill health for example painful and disabling disorders of the blood vessels, nerves and joints.

These symptoms can come from the use of hand-held power tools, or work pieces which vibrate while being processed and can occur if you are in contact with these for more than a few hours each day.

Hand Arm vibration syndrome (HAVS) is completely preventable, however once the damage has been done it is permanent.



The control of Vibration at work regulation 2005 were introduced to protect workers from vibration at work and these were enforced in July 2005.

What are the Early Symptoms of HAVS?

- No feeling in tips of the fingers
- Tingling of the fingers—which may cause a disturbed sleep
- Employee less able to pick up or hold heavy objects and feels there is less strength in their hands.
- The tips of the fingers turn white then red with the cold or wet.



With continued exposure to hand and arm vibration, these symptoms can become worse, more frequent or permanent resulting in difficulty carrying out their job at work.

What Jobs or Industries are most likely to involve HAV?

- Building and maintenance of roads and railways

- Heavy engineering
- Car manufacture and repair
- Construction.

How Can You Protect Yourself?

Your employer has the responsibility to protect you from Hand and Arm Vibration, and Carpal tunnel syndrome however, it is your responsibility to assess the task you are undertaking and enquire as to whether the vibrating tools can be substituted for another tool.

You Can Also:

- Ensure you use the appropriate tool for each job you undertake.
- Check your tools before you use them to make sure they have been maintained.

Do not hesitate to contact Salus Occupational Health and Safety to arrange your workplace health surveillance or for more information and

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