Speedy Hire

COLLECTIVE RESPONSIBILITY

HAVS AND VIBRATION RISK GUIDE

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Speedy Hire is the leading supplier of Tool and Equipment Hire in the UK and Ireland, Safety is at the heart of our core values as a business, not just for our colleagues but for our customers too. We've produced this guide to help you navigate HAVS and how you can eliminate risks to ensure you're safe and well at work.

This leaflet provides guidance on what you need to do to protect your employees from the risks associated with hand-arm vibration. It is also a valuable resource for employees and their representatives. The leaflet will help you identify when exposure to hand-arm vibration may pose a risk, introduce practical measures for managing these risks, and outline your obligations under the Control of Vibration at Work Regulations 2005 *(the Vibration Regulations)*.It also includes a section on our latest products which will help keep you and your team safe at work.

What is Hand-Arm Vibration?

Hand-arm vibration refers to the vibration that is transmitted into workers' hands and arms. This can occur from using handheld power tools *(such as grinders or breakers)*, even handguided equipment *(like powered lawnmowers or pedestrian-controlled floor saws)*, or by holding materials being worked on by hand-fed machines *(such as pedestal grinders or forge hammers)*.

Why is Hand-Arm Vibration a Concern?

Regular and frequent exposure to hand-arm vibration can lead to two types of health conditions:

- Hand-Arm Vibration Syndrome *(HAVS)*
- Carpal Tunnel Syndrome *(CTS)*

What are the symptoms and effects of HAVS:

- Tingling and numbness in the fingers, which can impair fine motor skills *(e.g., assembling small components)* or everyday tasks *(e.g. fastening buttons)*
- Loss of hand strength, potentially compromising the ability to work safely.
- Blanching of the fingers *(White Finger)* followed by redness and pain upon recovery, making it difficult to work in cold or damp environments, such as outdoors.

Symptoms and Effects of CTS:

- Tingling, numbness, pain, and weakness in the hand, which can interfere with both work and daily activities, potentially affecting safety.

Symptoms of both HAVS and CTS may be intermittent but can become prolonged or permanent with continued vibration exposure, leading to pain, distress, and sleep disturbances. These conditions can develop after only a few months of exposure, but typically progress over several years.

What does the Law say?

The Vibration Regulations require employers to:

- Ensure that vibration risks are effectively managed.
- Provide employees with information, instruction, and training on the risks and the measures taken to control them.
- Implement suitable health surveillance.

The regulations define an Exposure Action Value *(EAV)* and an Exposure Limit Value *(ELV)* based on the combination of vibration levels at the grip points and the duration of exposure.

These values are:

- **EAV:** A daily exposure of 2.5 m/s^2 A(8), indicating a clear risk that requires management.
- **ELV:** A daily exposure of 5 m/s^2 A(8), indicating a high risk above which employees should not be exposed.

Health Surveillance must be provided for employees who are regularly above the EAV Always consult with your HSSEQ contact within your business to ensure you are compliant with you organisation's policy on EAVs and ELVs.

Preventing Disability

As an employer, you are required to minimise vibration risks as much as is reasonably practicable and reduce exposure below the EAV wherever possible. Exposures must not exceed the ELV. Compliance with the Vibration Regulations will prevent disabilities caused by HAVS and vibration-and related CTS. Some individuals may develop early signs of HAVS or CTS even at lower exposure levels, especially if they are more susceptible to vibration injuries. Health surveillance is crucial in identifying harm early, enabling you to take appropriate actions to prevent long-term disability.

Consult with your trade union safety representative or employee representative when planning to:

- Control risks.
- Provide health surveillance.

Certain cases of HAVS and all cases of vibration-related CTS must be reported to the Health and Safety Executive *(HSE)* in accordance with the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations *(RIDDOR)*.

TOP TIP!

Ensure that all tools are kept sharp, blunt blades drill bits and steels add further pressure and vibration.

Duties of Manufacturers and Suppliers

Manufacturers and suppliers are required under the Supply of Machinery (Safety) Regulations to provide health and safety information in equipment manuals. They must also list vibration emissions in the product literature, although this information may not always be sufficient for estimating vibration exposure.

When purchasing equipment, you should expect the supplier to provide:

- Warnings about any vibration-related risks.
- Instructions on safe use, including any necessary training.
- Information on equipment maintenance.
- Vibration emission details.

Many tools have reduced their vibration levels through years of innovation and partner testing by tool manufacturers. Working with Speedy Hire and our supply chain partners can help improve safety outcomes in your workplace.

TOP TIP!

Using higher vibration tools for shorter times may reduce total vibration levels

Is Hand-Arm Vibration a Problem in My Workplace?

In some industries, assessments may show that the operating time of equipment is minimal, with the EAV not being exceeded. However, please always consult with your organisation's internal HSSEQ team before you perform a task which may expose you to vibration risk.

Which Jobs Are Most Likely to Pose a Risk?

Jobs involving regular and frequent exposure to vibration above the EAV are common in many industries, including:

- Construction and civil engineering.
- Engineering.
- Forestry.
- Foundries.
- Motor vehicle manufacturing and repair.
- Maintenance of parks, gardens, verges, and grounds.
- Shipbuilding and ship repair.
- Utilities *(e.g: Gas, Water, Telecommunications)*.

Which Tools Are Most Likely to Create a Risk?

Workers using the following equipment may frequently be exposed above the EAV:

- Chainsaws and Cut Off Saws
- Various types of grinders (angle, die, straight, vertical).
- Hand-fed equipment (e.g., pedestal linishers, grinders, mops).
- Impact drills.
- Scaling hammers, including needle scalers.
- Pedestrian-controlled equipment (e.g., mowers, floor saws, polishers).
- Powered hammers for chipping, demolition, road breaking.
- Sanders and polishers.
- Hand-held saws for cutting concrete, metal, ground clearance.

TOP TIP!

Old or damaged equipment can be hazardous even with brief use. Most types of hand-held, hand-guided, or hand-fed powered equipment can cause health issues from vibration if used improperly. All Speedy Hire equipment is tested and designated as 'Safe For Use' after every collection, check that your current supplier also offers this service.

For powered hand tools, regular and frequent use of modern, well-designed, and well-maintained tools is likely to result in exposure at or above the EAV after:

- About 15 minutes of using a hammer action tool.
- About one hour of using non-hammer action tools.

How can I control the risks from HAVS?

You can reduce vibration exposure by:

- Minimising the vibration transmitted to the hand.
- Reducing the time spent holding vibrating equipment or workpieces.

The ELV is likely to be reached after:

- About one hour of using a hammer action tool.
- About four hours of using non-hammer action tools.

Assess Where Risks Are Most Likely

Consider the industry, type of equipment, duration of use, and any reported symptoms of HAVS or CTS to gauge the likelihood of vibration risks. Once risks are identified, assess which workers or groups are at risk and explore ways to reduce those risks.

Your HSSEQ team will produce a safe working statement which will be specific to your worksite or workplace. Please consult them for more information.

Assess who is at risk

You should:

- Conduct a survey of the workplace to identify who is exposed to hand-arm vibration and what is causing the exposure.
- Estimate the time workers spend holding the vibrating equipment or workpieces. Prioritise accordingly:
- Very short periods may not be problematic.
- Longer durations increase exposure, making low vibration levels more critical.

Ask equipment users if they experience tingling or numbness during or after use, as these could be signs of harmful vibration exposure.

Use these guidelines to determine when users of powered hand tools might reach the EAV and identify any associated risks.

Determine if any employees already have HAVS or CTS. If they do, take steps to prevent their symptoms from worsening, even if their exposure is below the EAV.

COLLECTIVE RESPONSIBILITY

USING THE RIGHT TOOL CAN HELP MINIMISE HAVS RISK, INNOVATION AND USING NEW TECHNOLOGIES CAN HELP REDUCE THE RISK TO YOU AND YOUR COLLEAGUES.

Milwaukee MXF DH2528H

HAV - 5.17m/s2

Weight 25kg or 29.6kg with Battery

HAV - 6.5m/s2

MX FUEL™ Cut Off Saw

HAV- Front 2.0M/s2 Rear 2.3ms2
Based on 50mm Cut

Weight 10.1 kg

HAV - 3.9m/s2

Hilti TE 60 A36 Cordless SDS Max Combination Hammer Drill

Chiselling Concrete 7.8 ms2

Drilling (8.3ms2)

Weight 8.1kg

HAV - 8.0m/s2

Makita DTS141ZJ ¼ Impact Driver 18v 10mm *(lighter work only)*

HAV - 7ms2

Weight 1.6kg

HAV - 16.5m/s2

Milwaukee M18CBS125 Band Saw Battery

HAV 1.35m/s2

Weight 7.3kg

HAV - 15.9m/s2

Wacker Neuson BS50-2

HAV - 6.5m/s2 Bitumen 100mm

Weight 56kg

HAV - 7.6m/s2

Altrad Belle PCLX320 Plate Compactor 320mm Petrol

HAV - 2.42m/s2

Weight 62kg

HAV - 3.2m/s2

MilwaukeeM18BJS -402C Jigsaw

HAV - Metal 4.53 m/s2,

Wood 6.41m/s2

Weight 2.5kg

HAV - 7.0m/s2