

# KCA TOOL BOX TALK: Vibration



TEAMWORK  
IMPROVES SAFETY

## Signatures

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_

Vibrations caused by power tools, machinery, vehicles, and heavy equipment are a natural part of most workplaces. Illnesses that result from excessive vibration affect the blood supply to the fingers and toes and can be serious and disabling.

***Here is an Example:*** Kevin has been a construction site carpenter for 10 years. He went to the doctor recently because he was experiencing tingling throughout his hand, a loss of feeling and numbness. His doctor diagnosed Raynaud disease and expressed concern because it affects the blood circulation and nerves. Kevin is now thinking about other job options.

1. What protection could Kevin have used to prevent this long-term health problem?
  
2. Have you experienced any of the symptoms Kevin experienced? 3. Did you go to the doctor? How were you treated?

## Preventing Injuries from Excess Vibration:

- Use padding on grips and handles to decrease the impact of the vibration.
- Use anti-vibration gloves while operating pavement breakers, tampers, torque wrenches, needle guns and pad sanders.
- Perform regular maintenance on tools.
- Reduce vibration in heavy equipment with dampening on seating, on engines and flooring.
- Use cutting or power head dampening devices.

For more information visit OSHA STANDARD: Section 5(a)(1) of The OSHA Act

---

[www.KeystoneContractors.com](http://www.KeystoneContractors.com)

---

***Teamwork Improves Safety!***

Keystone Contractors Association [Jon@KeystoneContractors.com](mailto:Jon@KeystoneContractors.com) 717-731-6272 # #