

# Hand Arm Vibration Syndrome

Hand Arm Vibration Syndrome (HAVS) causes symptoms in fingers, hands and arms caused by repeated and frequent use of vibrating tools

## What are the early signs

- Tingling in the fingers followed by numbness

## This will get worse with other symptoms

- Not being able to feel things with your fingers
- Loss of strength and ability in your hands
- Fingers going white then blue then red in cold wet weather

**Continuous use of vibrating tools will only make these symptoms worse, there are legal limits. What should you do.**

- Recognise the early signs
- Report any symptoms to occupational health
- Your employer has a duty to put in control measures, so ask
- Get advice from the Union

**Don't wait for  
it to become a real  
problem for you**

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