

Guidance

G3227 A1 What good looks like – HAV

Purpose:

The purpose of this guidance document is to show examples of good practice when using work equipment that may expose users to hand and arm vibration (HAV).

Scope:

This document is for anyone who manages or supervises work activities that may expose users to hand and arm vibration (HAV).

What good looks like: Reducing the risk by using mechanical means

Brokk Breaker



Remote controlled whacker



Key points

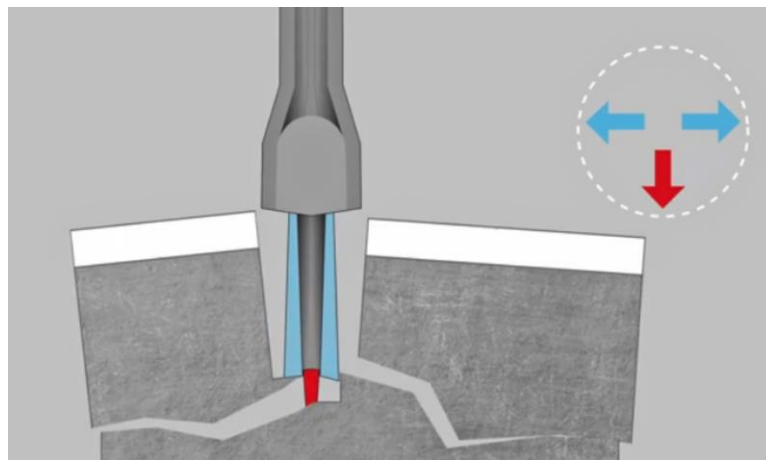
- Reduce trigger time spent on the equipment (Rotate operatives)
- Inspect plant to be used for defects
- Improve blood circulation by wearing warm and dry clothing in adverse weather conditions
- Consider regular health surveillance to those likely to be most at risk
- Consider suitable PPE to i.e. anti-vibration gloves.

Links

- [Hand arm vibration](#)
- [Hand-arm vibration at work](#)

What good looks like: Substitutes – Changing the process

Concrete bursting



Key points

- Select the lowest vibration tool that is suitable and can do the work efficiently
- Limit the use of high-vibration tools wherever possible
- Consider industry best practices.

Links

- [Hand arm vibration](#)
- [Health surveillance for Hand-arm vibration syndrome](#)
- [Health surveillance - Guidance for Occupational Health Professionals](#)

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What good looks like: Equipment selection

Various types of equipment available



An underpowered or inefficient tool can increase vibration exposure