

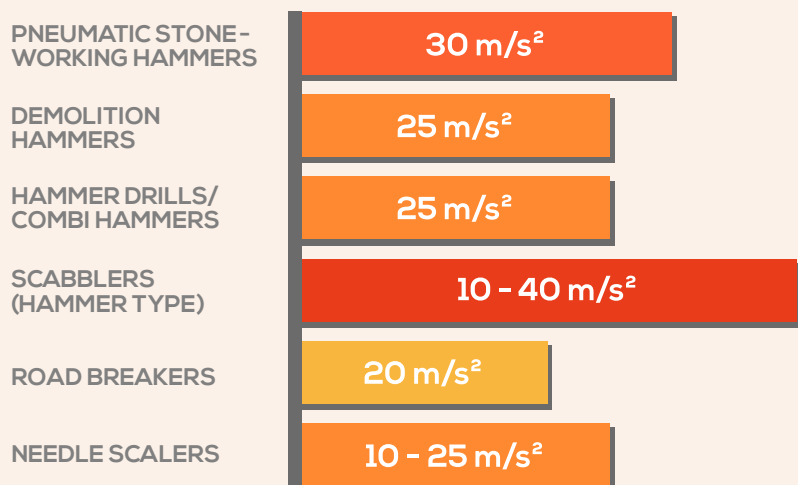
# HAVS, VWF, ULDS

## WHEN WORK SPELLS INJURY

Hand arm vibration syndrome (HAVs), upper limb disorders (ULDs) and vibration white finger (VWF) are all conditions caused by the use of vibrating tools and machinery. When a worker uses a tool for long periods of time without breaks, or without proper training they run the risk of developing one of these conditions.



Employers are bound by health and safety legislation to control risks and protect workers from preventable harm, but work-related illnesses continue to blight the lives of many workers in the UK.



### WORST TOOLS FOR CAUSING DANGEROUS VIBRATION LEVELS

The worst tools are old ones and those which have not been well-maintained. Tools not manufactured to UK safety specifications can also carry greater risk. Tools which have been dropped, damaged or simply over-used can cause excessive levels of vibration and harm to operatives.

DO YOU USE HAMMER ACTION TOOLS, ROTARY ACTION TOOLS OR OTHER ACTION TOOLS

**YES**

**YOU ARE AT RISK**



**MEDIUM RISK** – using hammer action tools for more than 15 minutes per day or rotary/other action tools for more than one hour per day

**HIGH RISK** – using hammer action tools for more than one hour per day or rotary/other action tools for more than four hours per day

### EARLY SIGNS AND SYMPTOMS

TINGLY OR NUMB FINGERS

DISTURBED SLEEP CAUSED BY TINGLING IN LIMBS

LOSS OF FEELING AND STRENGTH IN YOUR HANDS (INABILITY TO GRIP OR HOLD HEAVY OBJECTS)

FINGERS AFFECTED BY COLD OR WET – TURNING WHITE & WAXY, THEN TURNING RED & PAINFUL

### CAN I CLAIM PERSONAL INJURY COMPENSATION?

If your work-related illness has affected your ability to work, or changed the types of work you can do (causing financial loss) and the condition was caused by negligence on behalf of your employer, then you may be able to make a claim for compensation. A claim may be successful if:



You did not receive appropriate safety training in relation to vibrating tools



You were not given sufficient breaks or were expected to use vibrating tools continuously for long periods



Tools were not well maintained and/or not replaced when they became damaged or worn



You were not supplied with appropriate safety equipment such as anti-vibration gloves