

# Vibration

Take regular breaks



Vibration is part of the workplace but there are many things you can do to reduce your risk of conditions such as Hand Arm Vibration Syndrome.

## Job Functions where Vibration Poses a Risk

- Power Hand tool Operators
- Mobile Equipment Operators

## Health Effects

- Tingling and loss of senses of touch
- Fingers go white (Vibration White finger)

## What Can you do?

- Power Hand tool Operators
- Mobile Equipment Operators

Check out this month's calendar on the Pilbara Health website for some good tips on reducing your risk and consult your site IMA for more information.

*pilbara health*