



# ***Hand-Arm Vibration Syndrome***

happens gradually over time from regularly using power tools

## ***i* Chance of getting it depends on**

- Tool vibration level
- Actual hands-on time using tools

## ***+* Signs & Symptoms**

numbness, pain, tingling, pale skin, decreased hand strength, decreased coordination, cold fingers

# Catch it early and make changes.

If you don't, the damage could become permanent.

If you regularly use vibrating equipment like power tools, ask yourself these questions:

YES

Have your fingers gotten pale when it's cold?

Do any of your fingers go numb?

Do you wake at night with pain, tingling, or numbness in your hand or wrist?

Have you noticed less feeling in your hands?

Do you have a hard time picking up very small objects?

If you answered yes to any of these questions, let your supervisor know and see an occupational doctor.



[Lni.wa.gov/Ergonomics](http://Lni.wa.gov/Ergonomics)



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