



SAFETY WALKAROUND CHECKLIST HAND - ARM VIBRATION

2001

Date Prepared: _____

By: _____

Project Name/No: _____

Location: _____

- Check the box if the statement is true.
- Fill in the blanks where the  appears.
- Citations in brackets are from Title 8 of the California Administrative Code.

NOTES

HAZARD IDENTIFICATION

- The company has a written Injury and Illness Prevention Program (IIPP) that meets all Cal/OSHA requirements. It includes identification of vibration hazards on the site, regular inspections, accident investigation, and correction of hazardous conditions. [1509]
- All tools that may pose a vibration hazard have been identified.



Vibrating tools used on this site:

- | | |
|---|--|
| <input type="checkbox"/> drills | <input type="checkbox"/> jackhammers |
| <input type="checkbox"/> asphalt breakers | <input type="checkbox"/> grinders |
| <input type="checkbox"/> chain saws | <input type="checkbox"/> concrete vibrators and levelers |
| <input type="checkbox"/> chipping tools | <input type="checkbox"/> needle guns |
| <input type="checkbox"/> polishers | <input type="checkbox"/> sanders |
| <input type="checkbox"/> riveters | <input type="checkbox"/> compactors |
| <input type="checkbox"/> other pneumatic tools: _____ | |
| _____ | |
| <input type="checkbox"/> other electric tools: _____ | |
| _____ | |

- Workers are encouraged to report tools that are causing particular problems. [1509]

MEDICAL MONITORING

- Health monitoring is provided for workers exposed to vibration. It includes pre-employment and annual exams.
- Health monitoring is conducted by a qualified health provider who is fully aware of the signs and symptoms of hand-arm vibration syndrome (HAVS). The health provider receives detailed information regarding the worker's exposure to vibration.
- Any worker who develops prolonged signs and symptoms of hand-arm vibration syndrome is removed from further exposure to vibration. Anyone removed retains all earnings and seniority.

WORKER TRAINING

- Workers who use vibrating tools are trained in the effects of vibration and methods for reducing exposure. [1509]
- Training includes information on factors that increase vibration-induced health risks (including cold, noise, and smoking).

TOOL DESIGN, INSPECTION, AND MAINTENANCE

- Non-vibrating tools are used instead of vibrating tools whenever possible.
- Tools with vibration-reducing features are purchased and used whenever possible. Tool suppliers are asked to provide evidence that their equipment reduces vibration.
- Vibrating tools are equipped with grips made of heavy rubber or similar vibration-damping material.
- Tools are inspected daily before use and are kept clean.
- Tools are well maintained. They are kept sharp, lubricated, and tuned. (Tools that are worn, out of alignment, or otherwise in poor condition can produce greater vibration.)
- Damaged, defective, or worn tools are tagged and removed from service until repaired. [1699(a), 3556(a), and 3556(c)]

BREAKS

- The number of hours in a day, and the number of days in a week, that a worker uses vibrating tools is kept to a minimum.
- Operators of vibrating tools take a 10-minute break each hour and/or alternate work with vibrating and non-vibrating tools.

WORK PRACTICES

- Workers use only tools with which they have experience, or on which they have been trained. [1510(b)]
- Operators “let the tool do the work” by using the smallest amount of grip force possible (while still maintaining control of the tool).

PERSONAL PROTECTIVE EQUIPMENT

- If necessary, personal protective equipment (PPE) is provided by the company and worn by workers. The types used are appropriate for the work and give adequate protection. [1514]
- Workers using tools **always** wear safety glasses with side shields or other eye/face protection. Eye and face protection meets the requirements of American National Standards Institute (ANSI) Z 87.1 1989, *American National Standard Practice for Occupational and Educational Eye and Face Protection*. [3382(d)(1)]
- Gloves and adequate cold weather clothing are worn when necessary. (Cold contributes to hand-arm vibration syndrome.) [1520]
- Gloves have vibration-damping material in palms and fingers. They fit properly and don't increase the grip force required to control the tool.
- Workers exposed to foot injuries from crushing or penetrating actions, hot surfaces, falling objects, or hazardous substances, or who are required to work in abnormally wet locations, use appropriate foot protection such as steel-toed safety shoes and/or boots. (For jackhammers, workers wear a steel covering over the whole foot, not just the toes.) [3385]
- Workers exposed to noise in excess of 90 dB use hearing protection. (Noise contributes to hand-arm vibration syndrome.) [1521(g) and 5096(b)]

CAL/OSHA ERGONOMICS REGULATION

- If there has been more than one ergonomic injury within a year to workers doing the same task, the company has set up a program to identify and correct these hazards and provide relevant training. [5110]

For more information on power tools in general, see the Checklist on *Portable Power Tools*.