

# VIBRATION INJURIES IN WORK LIFE

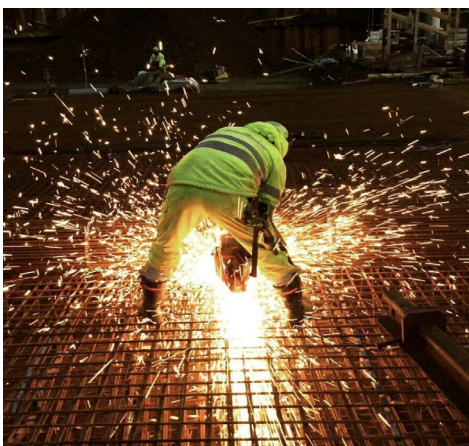
Information Letter & Questionnaire

## DID YOU KNOW...

Occupations where a relatively large percentage of employees were exposed to vibrations from hand-held machines for at least a quarter of the working time were:

- Carpenters, bricklayers & construction workers.
- Building- and construction professions.
- Occupations in construction and manufacturing.

<https://www.av.se/halsa-och-sakerhet/vibrationer/statistik-om-vibrationer>



## INFORMATION

Work in the construction & concrete industry increases the risks of vibration injuries in working life, as work in these occupations is to a large extent one of the more exposed groups when it comes to vibrations as a result of, among other things, hand-held tools or mobile machines.

The Swedish Work Environment Agency has conducted an investigation during the period 2018–2022 when it comes to notifications from employers regarding work injuries due to vibrations from hand-held machines, construction is one of the listed industry groups with the most reported work injuries.

The risk assessment associated with vibration exposure during Forming has shown that the exposure level is relatively high, thereby increasing the risk of health problems such as sensory loss and pain.

We primarily urge everyone working with forming to follow the work procedures developed for the various tasks, carefully review the associated Job Safety Analysis (SJA), and ensure the use of the provided protective equipment.

To a large extent, we believe that preventive measures should minimize the risk of injuries related to vibration exposure. However, if you experience any signs of injury such as numbness, pain, or white fingers, we encourage you to contact the office as soon as possible to schedule a medical check-up.

Those exceeding the action value or limit value for the tools included in the vibration calculator always have the right to medical checks, although it is not mandatory.

<https://www.av.se/halsa-och-sakerhet/vibrationer/statistik-om-vibrationer/>

## Examples of hand-held tools that can cause vibration damage:

- Grinding machines
- Drilling machines
- Screwdriver
- Circular-, jig-, or tigersaw

If you want to read more about the subject, you can find a lot of useful information on the Swedish Work Environment Agency's website, here are some links below:

<https://www.av.se/halsa-och-sakerhet/vibrationer#2>

<https://www.av.se/halsa-och-sakerhet/vibrationer/statistik-om-vibrationer/>

<https://www.av.se/halsa-och-sakerhet/medicinska-kontroller-och-halsundersokningar-i-arbetslivet>

<https://www.av.se/halsa-och-sakerhet/vibrationer/vibrationskalkylatorn>

## Prevention to reduce vibration damage

The Swedish Work Environment Agency has listed some things to prevent vibration damage, read more here: <https://www.av.se/halsa-och-sakerhet/vibrationer/forebyggande-for-att-minska-vibrationer/>

Two examples are:

- Good work equipment that meets safety requirements.
  - Ex, is the equipment suitable for the task?
- Planning & organizing work to reduce vibration exposure.
  - Ex, How, when, where & who are exposed to vibrations?

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*Remember that your health is the most important thing you have!*

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## QUESTIONNAIRE

This document is designed partly for educational purposes but also for the company to keep statistics on the subject.

Below are some questions that we would like you to answer and send back to us.

### HAVE YOU EVER EXPERIENCED NUMBNESS OR PAIN THAT YOU THINK MAY BE RELATED TO THE VIBRATION YOU ARE EXPOSED TO IN YOUR OCCUPATION?

- NO  
 YES

IF YES:

Can you trace these injuries to a particular moment?

- NO  
 YES

IF YES:

Briefly describe the moment you think is the cause of the vibration damage and which tool you have used:

### HAS ANY SUPERVISOR OR CO-WORKER ASKED YOU TO WORK DIFFERENTLY OR WORK IN ROTATION TO AVOID EXPOSURE TO VIBRATION FOR A LONGER PERIOD?

- NO  
 YES

### DO YOU HAVE ANY SUGGESTIONS ON HOW TO AVOID OR PREVENT VIBRATION DAMAGE AS A RESULT OF YOUR WORK DUTIES?

- NO  
 YES

IF YES:

Briefly describe your proposals:



This document is anonymous and mainly for the company's statistics and action to reduce vibration damage.

We thank you for your participation, it makes a difference!

Return the completed questionnaire to:

**Mälardalen Trä & Betong AB**

**Email:**

[info@malardalentrabetong.se](mailto:info@malardalentrabetong.se)

If you experience numbness or pain that you think is related to vibration please contact:

[info@malardalentrabetong.se](mailto:info@malardalentrabetong.se)