

# BE SMART AND *GET LOW*

- G**RIP
  - Don't exert too much pressure
- E**QUIPMENT
  - Valid test record and fully serviced
- T**ASK
  - A suitable tool for the job
- L**OOK
  - Look out for specially designed low vibration tools
- O**PERATE
  - Keep attachments sharp
- W**ORKWEAR
  - Use protective clothing, especially on the hands

## *Stop these symptoms arising*

- Pain & numbness to the fingertips
- Pins & needles
- Reduced sense of touch
- Painful wrists
- Damage to muscles, bones and joints

*Promote vibration awareness in the workplace  
with **Hire Station***

*Call your local branch*

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# KNOW YOUR *VIBRATION RISK*

Vibration (m/s <sup>2</sup> )	Max Exposure Time	
	non action (8h max: 2.8m/s <sup>2</sup> )	
	in minutes	in hours
2.80	480	8.00
3.00	418	6.97
3.50	307	5.12
4.00	235	3.92
4.50	186	3.10
<b>5.00</b>	<b>151</b>	<b>2.51</b>
5.50	124	2.07
6.00	105	1.74
6.50	89	1.48
7.00	77	1.28
7.50	67	1.12
8.00	59	0.98
8.50	52	0.87
9.00	46	0.77
9.50	42	0.69
10.00	38	0.63
10.50	34	0.57
11.00	31	0.52
11.50	28	0.47
12.00	26	0.44

e.g. If the vibration level is 5m/s<sup>2</sup> then the exposure time is 151 minutes or 2.51 hours



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