

TOOLBOX TALK — HAND-ARM VIBRATION — WHITE FINGERS DO NOT COME BACK

TOOLBOX TALK

Five to ten minutes at the workplace, spoken by the supervisor, recorded below — and two-way, or it is not a talk

KD-TBT-HV-007 Rev A0

WHY THIS TALK: HAVS starts as tingling after using the breaker and ends with fingers that blanch, ache and cannot feel small objects — permanently. It is one of the most compensated conditions in construction and the damage is done before it hurts.

1 THE SESSION

SITE / PROJECT

DELIVERED BY

DATE

TIME

2 THE POINTS TO MAKE — TICK AS COVERED, IN YOUR OWN WORDS

- Vibration dose is tool times time: the points system or exposure times in the RAMS are limits, not suggestions
- The right tool, maintained: blunt bits, worn dampers and the wrong breaker multiply the dose
- Break the exposure up — rotate the trigger time around the gang instead of one person eating the whole dose
- Grip lightly and let the tool work; a strangled grip pumps more vibration into the hands
- Cold makes it worse: warm hands, gloves for warmth (anti-vibration gloves do not fix a dose problem)
- Tingling or numbness after a task is the early warning — report it while reporting still helps
- Log the trigger time honestly — the record protects you

MADE SPECIFIC TO THIS SITE

3 ASK THE CREW — AND WRITE DOWN WHAT COMES BACK

- Which tool here has the highest vibration, and how long is anyone actually on it per day?
- How is trigger time shared around the gang on breaking-out days?
- Who gets tingling fingers on the drive home?

WHAT THE CREW RAISED, AND WHAT HAPPENS ABOUT IT

4 WHO WAS THERE

NAME	COMPANY	SIGNATURE

RECORD COMPLETED BY

SIGNATURE

DATE

FILED WHERE

R REVISION HISTORY

Every revision of this document, and every review that found nothing to change. The revision on the front of this sheet is the one you are holding — check kubitdocs.com for the current one before use.

Rev	Date	Class	What changed	Authorised by
D0	2026-08-31	first-issue	First issue.	— not yet approved —
D1	2026-08-31	review	Reviewed against the internal H&S director's batch findings; no change to this document.	— not yet approved —
A0	2026-08-31	review	Approved for issue by the author. Content unchanged from the reviewed draft; the draft status strip is removed. No independent third-party review has been carried out.	Author — director, UK principal contractor, SMSTS. Not an independent review.

Class: first-issue · material (the law, a control, a field or the scope changed — past buyers are notified) · editorial (wording or layout only) · review (checked, nothing changed) · withdrawal. Revision prefix D = draft, not approved and not for sale; A = approved for issue by the person named, on the date shown.