# Is this Proper PPE for Operating a Jackhammer?



**What's wrong with this picture?**



Let's do a quick PPE inspection of the gentleman operating this jackhammer:

- Reflective vest? √
- Eye protection? X
- Hearing protection? X
- Foot protection? Not sure
- Hand protection? X

**The Moral:** There sure is a lot to talk about in this photo. But let's focus on just one of the worker's many PPE violations: his failure to use anti-vibration gloves while operating a jackhammer.

**Vibration Hazards: What's at Stake**

**5 Reasons to Pay Attention**

1. Your work puts you at risk of a type of injuries known as Musculoskeletal Disorders (MSDs, for short)
2. Although they won't kill you, MSDs are very painful and potentially disabling
3. Hand-arm vibration from holding a jackhammer or other vibrating tool increases your  risks of MSD injuries like Carpal Tunnel, white finger and Raynaed's Syndrome
4. Using the right personal protective equipment (PPE) while operating a jackhammer can significantly cut your risks
5. Unfortunately, the worker in this picture is *not* using the right PPE or safety equipment

**3 Kinds of Hand-Arm Vibration Protection**

**PPE and safety equipment to use when operating vibrating machinery include:**

**ANTI-VIBRATION** gloves that minimize the effects of vibration that can fatigue your muscles and make you more vulnerable to an MSD




**ANTI-VIBRATION TOOL HANDLES OR WRAPS** that make the handles of tools vibrate against your hands less intensely



**WARM CLOTHING FOR OPERATING VIBRATING EQUIPMENT IN COLD TEMPERATURES**—the cold restricts blood flow and makes your muscles quicker to fatigue



**Vibrating Safety Tool Tips**

1. Use non-vibrating or low vibration tools whenever possible
2. When using high vibrating tools like impact wrenches, chainsaws, jackhammers and riveting hammers is necessary, limit your exposure to 30 minutes per day
3. When using moderately vibrating tools like grinders, jig saws, and sanders, limit your exposure to 2 hours per day
4. Use battery operated rather than air powered tools whenever possible
5. Make sure tools are properly maintained to eliminate vibrations caused by unbalanced mechanical parts
6. Use personal protective equipment and other safety equipment to reduce the impact of vibration
7. Keep your hands warm when using vibrating tools—cold hands reduce grip and increase MSD risks.

**REMEMBER,**

**This. . .**



**. . . can lead to this**

