

# Hand Arm Vibration Operative Self-Assessment

## Health Surveillance

Hand arm vibration syndrome is a widespread industrial disease affecting many workers. If during your work you come into contact with hand held power tools or other sources of vibration, then you may develop this condition.

Please complete this self-assessment questionnaire, answering all the questions.

Name		Job Role	
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	Yes	No
Do your fingers become white and numb when exposed to cold?		
Do you suffer from tingling in your fingertips or hands?		
Do you ever suffer from loss of grip strength in your hands?		
Do you have any pain in your hands?		
Do you have any pain in your wrists and arms?		
Is the sensation of touch in your fingertips less sensitive than it previously was?		
Do you feel unable to perform finer tasks with your fingers than you were previously able?		

If you have answered yes to any of the questions please inform your supervisor/manager with immediate effect as your working practices may be affecting your health.

Signed		Date	
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