



February 20 — Impact & Vibration Hazard

<p>Colleague prepping floor using a jack hammer not wearing the appropriate gloves for the task the impact resistant shock absorb gloves!!</p>	<p>Stop colleague. He got and put on the right gloves and went back to work!!</p>
---	--

A colleague was prepping the floor with a jackhammer but was not wearing the appropriate gloves for the task. Impact-resistant, shock-absorbing gloves were not being used.

**The jackhammer hit with pounding might,
But gloves were wrong for the daily fight.
Choose the pair that's built to save,
So hands stay strong and nerves stay brave.**

Not all gloves protect against the same hazards. Jackhammers produce intense vibration and repeated impact that regular work gloves are not designed to absorb. Without the right protection, the hands and arms take the full force of the tool. The damage may not be immediate, but it builds over time leading to numbness, loss of grip strength, and long-term injury.

PPE that doesn't match the task is only partial protection.

Hazards

- Hand and arm vibration injuries
- Nerve damage and numbness
- Reduced grip strength and control of tools
- Increased risk of tool slip or loss of control
- Long-term musculoskeletal disorders

Stats

- Prolonged exposure to vibration can cause Hand-Arm Vibration Syndrome (HAVS)
- Jackhammers are among the highest-vibration tools used in construction
- Task-specific PPE significantly reduces vibration exposure
- Many vibration-related injuries develop gradually and go unreported

Words of Wisdom

- The right glove matters as much as wearing gloves.
- If the tool hits hard, your PPE should absorb it.

Pause and Think

Vibration injuries are dangerous because they don't feel urgent. Workers often push through discomfort because the job still gets done. But vibration damage accumulates silently, and by the time symptoms are obvious, the injury is already permanent. Choosing the right PPE is about protecting not just today's work, but long-term health.

- What tasks on our site create high vibration exposure?
- How do we know which gloves are appropriate for each tool?
- When do we ignore discomfort instead of addressing it?