

TEST ANSWERS: VIBRATION

The *BSO Plus Safety Topic* is a review designed from the BSO Plus agenda. This safety topic is your way to stay current on the safety information over the 3 years between BSO Plus and BSR.

1. **Vibration-induced white finger (VWF) is the most common condition among the operators of hand-held vibrating tools.**

- a. True
b. False

RATIONALE: Vibrating objects, such as power tools, send vibration through the hands and arms. Exposed occupational groups include operators of chain saws, chipping tools, jackhammers, jack leg drills, grinders and many other workers who operate hand-held vibrating tools. Groups exposed to whole-body vibration include operators of trucks, buses, tractors and those who work on vibrating floors.

2. **Hand-Arm Vibration Syndrome (HAVS) symptoms include: (Circle all that apply)**

- a. Attacks of whitening on one or more fingers when exposed to cold
b. Tingling loss of sensation in the fingers
c. Loss of grip strength
d. Blackening of the fingers

RATIONALE: Vibration can cause changes in tendons, muscles, bones and joints, and can affect the nervous system. Hand-arm vibration (segmental vibration) exposure affects an organ, part or "segment" of the body.

3. **Whole-body vibration may result in which symptoms? (Circle all that apply)**

- a. Fatigue
b. Tingling and loss of sensation in the fingers
c. Loss of balance
d. Stomach issues

RATIONALE: Whole-body vibration energy enters the body through a seat or the floor, and it affects the entire body or a number of organs in the body. Exposed groups include operators of trucks, buses, tractors and those who work on vibrating floors.

4. Controls for dealing with vibration hazards include:

- a. Using anti-vibration tools and gloves
- b. Not using faulty tools
- c. Using vibration dampening seats
- d. All of the above

RATIONALE: Protecting workers from the effects of vibration usually requires a combination of appropriate tool selection, the use of appropriate vibration-absorbing materials (in gloves, for example), good work practices, and education programs.

5. The severity of hand-arm vibration syndrome depends on several other factors, such as the characteristics of vibration exposure, work practice, personal history and habits.

- a. True
- b. False

RATIONALE: Vibrating objects, such as power tools, send vibration through the hands and arms, which can cause changes in tendons, muscles, bones and joints, and can affect the nervous system. The severity of hand-arm vibration syndrome depends on several other factors, such as the characteristics of vibration exposure, work practice, personal history and habits.