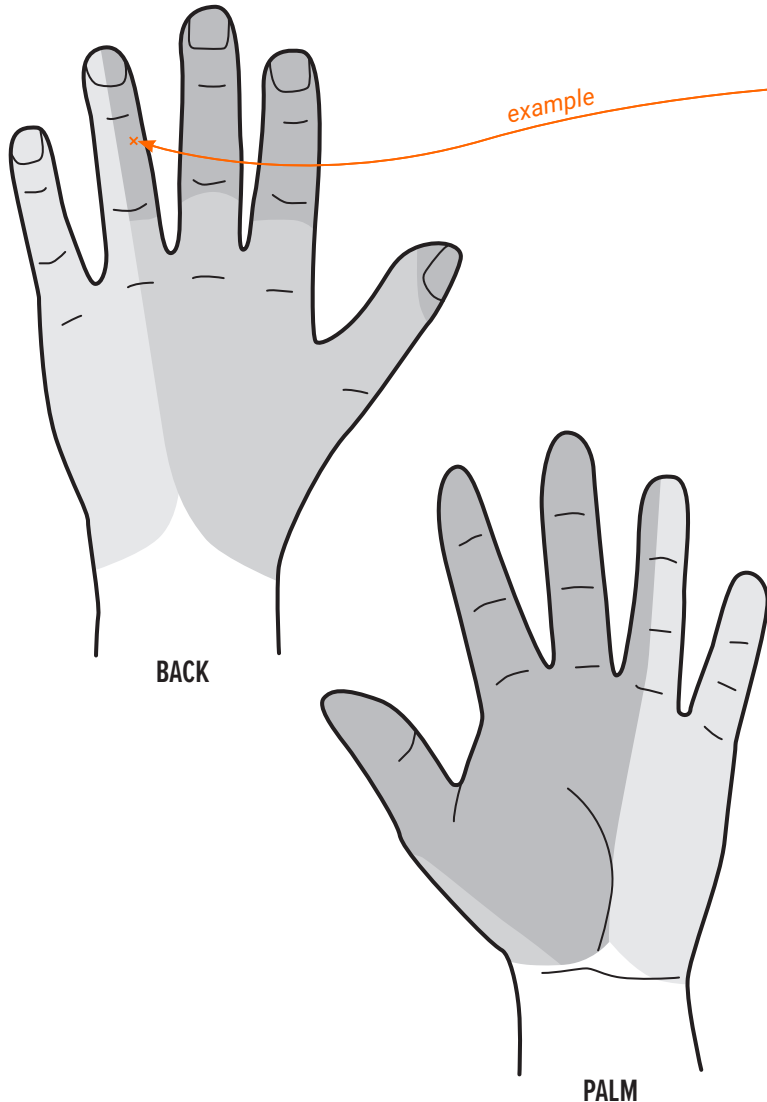


# HAVs HAND AND WRIST SYMPTOM CHART

You can develop hand-arm vibration syndrome (HAVs) if you regularly and frequently use hand held power tools and machines, especially for long periods of time.

**WORK  
SHOULD NOT  
HURT**

## LEFT HAND



DO YOU HAVE ANY OF THESE SYMPTOMS? DRAW A LINE TO SHOW WHERE THEY ARE.

Tingling and numbness in the fingers.

Not being able to feel things with your fingers

Loss of strength in your hands (you may be less able to pick up or hold heavy objects).

Difficulty controlling things in your hands.

Hands and fingers sensitive in the cold and wet conditions.

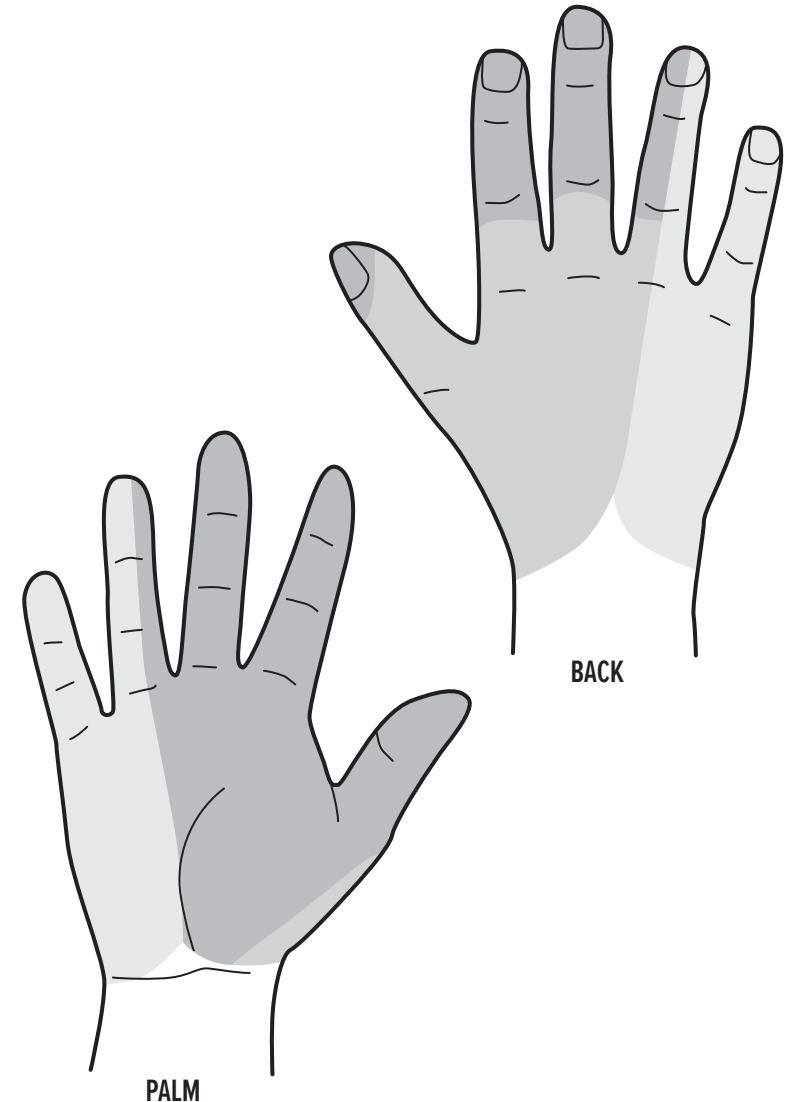
Parts of your fingers may turn white.

NAME:

DATE:

**CHASNZ**  
CONSTRUCTION HEALTH AND SAFETY NZ  
Kia hauora, kia haumarū ngā mahi waihanga

## RIGHT HAND



PALM