

PLAYING IT **SAFE**

Be safe and healthy on the job with these helpful tips provided by
Crendon Insurance Brokers Ltd.

Jackhammer Safety

Practise caution to minimise your risks

Jackhammers are one of the most dangerous types of hand tools because they can cause serious damage not only to your body from intense vibrations, but also to your hearing. On average, a worker operating a jackhammer is exposed to about 130 decibels of noise – that's a little louder than a jet plane taking off and slightly quieter than firearms or an air raid siren.

In addition to damaging your hearing, jackhammer use also poses large risks to the hands and wrists. In fact, using a jackhammer frequently can quickly lead to carpal tunnel syndrome or Raynaud's disease, also known as vibration white finger. Follow these tips for safe jackhammer operation:

Before-Use Precautions

- Read the instruction manual and receive the proper training before operating the machinery.
- Inspect the equipment before use.
- Ensure that the safety guards are properly in place and in good working order.
- Make sure bits are sharp.

- Inspect the compression hose for any damage.
- For three-wire system electric models, ensure they are earthed properly to avoid a fire or shock.
- For electrical models, use an extension cable large enough to accommodate the distance between the hammer and the receptacle tool.
- For air models, fill the petrol tank with the engine off.
- Wear long trousers, long sleeves, eye protection (goggles or safety glasses), ear protection (earplugs or ear muffs), non-slip gloves, a protective mask, helmet and steel toe-cap boots with non-slip soles.
- Do not use a jackhammer in wet conditions.
- Remove the chuck key before using.

During Use Precautions

- Disconnect power or air supply prior to putting in or removing tools.
- Lock tools before using.
- Grip the tool just tight enough to maintain control, but allow the jackhammer to do the work.



Be Mindful of Your Body

Excessive hand-arm vibration can lead to serious health complications such as white knuckle syndrome or vibration white finger. Stop using a jackhammer and seek medical attention if your fingers become white or are painful or numb while working.



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