

## Appendix 3

### Annual screening questionnaire for health surveillance

#### SCREENING QUESTIONNAIRE FOR WORKERS USING HAND-HELD VIBRATING TOOLS, HAND-GUIDED VIBRATING MACHINES AND HAND-FED VIBRATING MACHINES

Date:.....

Employee name:.....

Occupation:.....

Address:.....

Date of birth:.....

National Insurance no:.....

Employer name:.....

Date of previous screening:.....

**Have you been using hand-held vibrating tools, machines or hand-fed processes in your job, or if this is a review, since your last assessment?** Y/N  
(detail work history overleaf)

If NO or more than 2 years since last exposure please return the form - there is no need to answer further questions.

**If YES:**

1 Do you have any numbness or tingling of the fingers lasting more than 20 minutes after using vibrating equipment? Y/N

2 Do you have numbness or tingling of the fingers at any other time? Y/N

3 Do you wake at night with pain, tingling, or numbness in your hand or wrist? Y/N

4 Have any of your fingers gone white\* on cold exposure? Y/N

*\*Whiteness means a clear discoloration of the fingers with a sharp edge, usually followed by a red flush.*



*Blanching*

- 5 Have you noticed any change in your response to your tolerance of working outdoors in the cold? Y/N
- 6 Are you experiencing any other problems in your hands or arms? Y/N
- 7 Do you have difficulty picking up very small objects, eg screws or buttons or opening tight jars? Y/N
- 8 Has anything changed about your health since the last assessment ? Y/N

**I certify that all the answers given above are true to the best of my knowledge and belief.**

**Signed:**

**Date:**

**RETURN TO:**

**Hand-arm vibration syndrome (HAVS):**

- is a disorder which affects the blood vessels, nerves, muscles and joints of the hand, wrist and arm;
- can become severely disabling if ignored; and
- its best known form is vibration white finger (VWF) which can be triggered by cold or wet weather and can cause severe pain in the affected fingers.

**Signs to look out for in hand-arm vibration syndrome:**

- tingling and numbness in the fingers;
- in the cold and wet, fingers go white, then blue, then red and are painful;
- you can't feel things with your fingers;
- pain, tingling or numbness in your hands, wrists and arms;
- loss of strength in hands.

**OCCUPATIONAL HISTORY**

**Dates**

**Job Title**

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