



**M&J PLANT & TOOL**

# **HAND ARM VIBRATION GUIDE**



**WARNING - Vibration**  
from this Machine may cause  
"White Finger" with prolonged use



**Wear Cushioned Gloves**



Massage Fingers Regularly  
Take Frequent Breaks  
Take 'HOT' Food or Drink





	Hand Vibration m/s <sup>2</sup>	Max Used in 8 Hours
<b><u>Air Tools</u></b>		
Hand Drills	12.0	20
Chipping Hammer	5.0	151
Light Pick Hammer	8.1	58
Light Pick Hammer Anti-Vib	3.9	230
Medium Pick Hammer	6.4	55
Medium Rock Drill	22.0	5
Heavy Rock Drill	22.0	5
Medium Pick Hammer Anti-Vib	4.0	230
Medium Breaker	14.5	15
Medium Breaker Anti-Vib	4.5	185
Heavy Breaker	17.5	9
Heavy Breaker Anti-Vib	3.0	415
Triple Hand Scabblers	15.0	15
Triple Hand Scabblers Anti-Vib	9.5	32
Single Hand Scabblers	18.0	8
Single Hand Scabblers Anti-Vib	7.0	75
Pole Scabblers	24.0	3
Pole Scabblers Anti-Vib	3.5	305
Trolley Scabblers	18.0	8
Hydraulic Breaker Heavy	22.0	6
Hydraulic Breaker Heavy Anti-Vib	7.5	65
Hydraulic Breaker Medium	10.5	34
Hydraulic Breaker Medium Anti-Vib	5.5	124
2 Stroke Breaker	12.0	20
Air Wrench	10	38
<b><u>Plates</u></b>		
Small Vib Plate-Petrol	7.5	67
Large Vib Plate-Petrol	10.5	34
Reversible Vib Plate	9.5	40
Rammer	15.0	14

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	Hand Vibration m/s <sup>2</sup>	Max Used in 8 Hours
<b><u>Fixing Tools</u></b>		
Hilti Automatic Nail Gun	3.0	415
Hilti Manual Nail Gun	3.0	415
Staple Gun Electric	2.0	480
<b><u>Woodworking Tools + Sanders</u></b>		
Heavy Duty Planer-Electric	2.5	480
Heavy Duty Router	4.0	280
Floor Sander	3.0	415
Edger Sander	3.0	415
Belt Sander	3.0	415
Orbital Sander	7.0	75
Palm Sander	3.0	415
Delta Sander	2.5	480
Laminate Trimmer	2.5	480
<b><u>Drills, Hammers &amp; Breakers</u></b>		
Bosch 10kg	13	18
Bosch 7/8kg	14	16
Bosch 4/5kg	11	30
Bosch USM27	13	18
Petrol Breaker	12	20
Bosch Stirrer GRW I I	3	415
Bosch Needle Gun	9	45
13mm Hammer Drill	2.5	480
20mm Hammer Drill	11.0	80
25mm Hammer Drill	9.0	45
26mm Magnetic Drill & Stand	5.8	115
Screwdriver	2.5	480
Cordless Drill 9v/12v	2.5	480
Cordless Drill 18v/24v	12.0	20
25mm Drill	9.0	45

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	Hand Vibration m/s <sup>2</sup>	Max Used in 8 Hours
<b><u>Cutting/ Grinding</u></b>		
Floor Grinder Electric/Diesel	10.4	32
Concrete Plane Diesel	12.0	20
4.5"/5" Grinderette	3.0	415
9" Angle Grinder	5.0	151
12" Angle Grinder	5.0	151
Wall Chaser	6.0	105
<b><u>Saws</u></b>		
Heavy Duty Jigsaw	4.0	285
Circular Saw-Wood	2.5	480
Mitre Saw-Wood Electric	4.0	280
Wood Sawbench 16"	2.5	480
Reciprocating Saw	7.0	75
12" Portable Saw	9.1	42
12" Bench Cut Off Saw	2.5	480
14"/18" Masonry Sawbench	6.5	90
14"/20" FloorSaw	5.0	151
Errut Tile Cutter	2.5	480
Tile Cutter Electric	2.5	180
Kango k26 Supersaw	6.0	105
Chainsaw	7.9	60
Tyranosaw	4.0	230
<b><u>Concrete Equipment</u></b>		
Power Float	3.0	415
Poker-Petrol Unit	2.5	480
Poker-Diesel Unit	2.5	480
Poker-Electric	4.0	230
Poker-High Frequency	4.0	230
Poker-Air	5.0	95
Poker-Shaft	12.5	19
Beam Screed 5.2m/6.2m/7.2m	3.7	300
Air Roller Striker	4.6	185
Magic Screed	3.8	190
Razor Back	4.0	230

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	Hand Vibration m/s <sup>2</sup>	Max Used in 8 Hours
<b><u>Rollers</u></b>		
1.71 ME Single Drum Roller	5.50	124
MBR71ME Roller Breaker	5.50	124
2.65 Roller	5.70	119
2.75 Roller	5.70	119
TV800 Roller	1.20	480
TV900 Roller	1.20	480
TV1000-1 Roller	2.10	480
TV1200-1 Roller	1.85	480
TV1300-1 Roller	1.85	480
TV1400-1 Roller	1.85	480
<b><u>Gardening Equipment</u></b>		
Strimmer Medium Duty	4.5	185
Brush Cutter	4.9	146
Post Hole Borer-2 Stroke	12.0	20
Lawnmower 19"	11.0	30
Lawnmower 21"/23"	11.0	30
Lawn Rake-Electric	2.5	480
Lawn Scarifier-Petrol	8.9	43
Lawn Aerator-Petrol	5.6	122
Turf Lifter-Petrol	13.0	18
Stump Grinder	6.3	82
5HP Rotavator	10.0	38
8/10 HP Rotavator	8.0	59
Hedge Trimmer Electric	2.5	480
Hedge Trimmer Petrol	8.5	48
Leaf Blower/Sucker	9.0	45

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