



Lebanese
Ministry of Agriculture

Funded by



Sweden
Sverige



International
Labour
Organization

Noise and Vibration Hazards

Noise Risks:

01

Hearing loss
or ringing in
the ears

02

Headaches,
tiredness, or
stress

Vibration Risks:

01

Hand/arm pain,
numbness, or
“white fingers”
(poor blood
circulation)

Weak grip
or joint pain.
Back pain from
long driving/
standing

02



How to Stay Safe

Noise Protection



Wear earplugs or earmuffs
when using noisy machines



Maintain tools—sharp,
clean, and oiled



Keep noisy machines
away from work areas

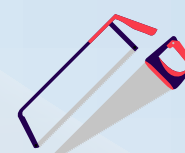


Rotate workers or shorten
shifts in very noisy areas

Vibration Protection



Wear anti-vibration gloves
when using power tools



Limit time spent using
chainsaws or grinders



Keep hands warm and
change grip often



Use both hands to
spread the load