Have you worked or do you work with vibrating machinery or hand held power tools like...

- Concrete breakers, concrete pokers?
- Sanders, grinders, disc cutters?
- Hammer drills?
- Chipping hammers?



- Chainsaws, brush cutters
- Hedge trimmers,
- Powered mowers;
- Scabblers or needle guns.

Did doing so cause you....

- Tingling and numbness in the fingers (which can cause sleep disturbance)?
- Loss of strength in your hands (you may be less able to pick up or hold heavy objects).?
- Not being able to feel things with your fingers?
- In the cold and wet, the tips of your fingers going white then red and being painful on recovery (vibration white finger)?

Have you been diagnosed, recently or in the past, as suffering from - Hand Arm Vibration Syndrome (HAVS) or Vibration White Finger (VWF)?

If so you can make a claim against your employer.

To start the ball rolling please contact:

UNISON 10 Infirmary Street, Edinburgh EH1 1LT. Phone: 0131 558 7488

Fax: 0131 558 7041

Unite Baileyfield Depot, 17 Fishwives Causeway Edinburgh EH15 1DF.

Phone: 07717318888 or 07818890555

UCATT 53 Morrison Street, Glasgow G5 8LB. Phone: 0141 420 2880

Fax: 0141 420 2881

GMB 2/4 Glebe Street, Falkirk FK1 1HU Phone: 01324 670676 Fax: 01324 638576

This is a pretty straightforward process and is the first step to contacting the solicitors who act for the Trade Unions which are Thompsons (UNISON & Unite), Dallas McMillan (UCATT) and Simpson Millar (GMB).