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# HFE Human Factors and Ergonomics Namibia Newsletter

## Winter is in the Air!

With the change of the season, we need to ensure that safety is prioritised - especially where grip strength and fine motor skills are involved. Cold weather can **reduce dexterity, sensitivity and grip strength**.

Not only does the reduced blood flow increase risk of musculoskeletal injuries, but individuals working with vibration tools are at a **higher risk of developing hand-arm vibration syndrome (HAVS)**.

Remember to wear appropriate **gloves** and **warm** those hands and fingers **up**, before starting your work-day.

**Thank you for your continued support!**



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