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White Finger

Work Related Upper Limb Disorder Guides

1 What's White Finger?

White finger or vibration white finger affects, you won't be surprised to know, the fingers! It's common among road workers and construction workers who use heavy vibration tools like jackhammers and pneumatic drills, and is a form of Raynaud's Disease.

It gets its name because one of the symptoms is a white finger as the blood vessels are damaged in the hands, forearms and wrists. As many as one in 10 workers who regularly use vibration tools will develop the condition and it usually takes a decade or so to appear.

2 What Can I Do?

Don't suffer in silence. Keeping quiet can make things worse, both for you and your employer. RSI is as serious as any other work-based accident or incident, and you could miss out on compensation if your employer's been negligent in any way.

Companies will have insurance in place for situations like this and they'll have their own solicitor to fight their case. It doesn't matter how long you've been there either; your rights remain the same.

If you believe you have developed RSI as a result of your work and your employer has been negligent, you could be entitled to compensation.

If you'd like to discuss your situation, you can call us on

0800 122 3130