

Hand Safety – It’s in your hands

Protecting your fingers and hands is important for your work and quality of life.

HANDS ARE EXPOSED TO MANY HAZARDS:

- Cuts from sharp objects
- Smashing
- Pinching
- Moving machinery
- Environmental contact (heat, cold, plants, insects)
- Chemicals



ROOT CAUSES OF HAND INJURIES:

- Inattention due to complacency or lack of focus
- Inadequate assessment of risk
- Cutting corners or rushing
- Lifting or applying force incorrectly
- Using the incorrect tool
- Using the wrong PPE or failing to utilize PPE

CALL TO ACTION:

- Wear your protective clothing, and don't take it off. Use work gloves that offer the right combination of dexterity and protection.
- Wear the right gloves for the task at hand. Evaluate the work you will be doing and what protection is needed
- Do not place hands in places you can't see
- Work smart rather than working fast
- Do not count on your reflexes to save hands and fingers

ASK YOURSELF:

- What happens if the wrench, knife or tool slips? Is there anything I can hit? Can I cut myself on anything?
- What hazard could be in the place that I am about to put my hands or fingers?
- Is this liquid harmful to my skin or body?
- Can I get burned?
- What else can happen or go wrong?
- Have I protected my hands and fingers with the right PPE?