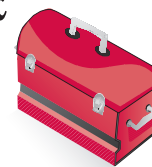


Supervisors Safety Bulletin™ Training Toolbox



This training tool is included with your membership to Supervisors Safety Bulletin – the latest news, rules, updates and training tools for a safe company and a safer workforce.

Preventing hand injuries on the job

■ Use the correct personal protective equipment – and watch where you put your hands!

The purpose of this session is to help minimize your risk of hand injury. You'll learn about the basic safety practices that will help you prevent an injury to your hands.

Recognize hazards

Hand injuries are among the most common types of workplace accidents.

Why? Because the hands are exposed to potential risks and hazards far more often than any other body part.

Personal protective equipment

A variety of gloves are available to protect your hands from scrapes, cuts, caustic liquids, burns, chemicals, and hot or cold temperatures.

Your supervisor will play a key role in selecting the right set of gloves for the job. Use them!

The most common hand injuries are cuts and punctures.

Gloves are recommended when there is a chance that machinery or equipment could cause cuts or punctures.

Always wear gloves on the job when they are required!



Ergonomic hand tips

Hand injuries can occur from repetitive tasks, too. Remember to:

Wear gloves that fit. Bulky gloves can require too much hand force to help you grip. Tight gloves can restrict blood flow.

Grip vibrating tools securely and give your hands regular breaks from these types of tools.

Stretch your fingers between tasks and bend them, too, to avoid cramping and muscle strains.

Watch where you put them!

Workers also suffer hand injuries when they put their hands in places they should not be – like too close to a piece of machinery that is still running.

Machine guards can sometimes protect your hands in these instances.

But guards are a last-line of defense.

A far better practice is to keep your hands clear of moving parts, or safely shut down the equipment before putting your hands near it.

Obeying lockout/tagout rules will save a hand – maybe even a life!

KEYS TO HAND SAFETY

Pinch points: Pinch points are the areas where your hand can get trapped or mashed between two hard objects.

Pinch points are everywhere in the workplace.

Examples include the point where a chain and a sprocket come together or where a door closes against its jamb!

Lifting: Before lifting or handling an object, take a moment to look for splinters, sharp edges, loose flaps or anything that could injure your hand.

Be sure to have the proper hand clearance when setting down loads or carrying heavy items through doorways.

Hand care: Always wash your hands after they have been exposed to chemicals.

Many common workplace chemicals can cause your hands to become dry and irritated.

Using lotion on your hands once or twice a day can help replace natural oils that are lost from handling lubricants and solvents.

Training Session Quiz

NAME _____

SIGNATURE _____

DATE _____

1 Hand injuries are among the most common types of workplace accidents because the hands are frequently exposed to hazards.

true false

2 Gloves, properly selected for a particular job, are a good way to protect your hands from a variety of hazards.

true false

3 It's generally up to each employee to select the proper set of gloves for the job.

true false

4 People are far less likely to suffer a hand injury when preparing to lift an object if they first push the object with their foot to determine its weight.

true false

5 Crushed fingernails and open lesions are the most frequent types of hand injuries reported each year to the Occupational Safety and Health Administration (OSHA).

true false

6 Wearing bulky gloves that are too large is a good idea because all the extra material in the glove will protect your hands even more.

true false

7 Pinch points are areas in the workplace where you can damage your hand from squeezing or pinching a tool too forcefully.

true false

8 If your hands are exposed to chemicals that are minor irritants, like lubricants and solvents, you should use lotion after washing your hands.

true false

9 The hand is one of the most complex parts of the body and has 27 bones from the wrist to the ends of the fingers.

true false

10 Always be certain a piece of equipment or machinery is safely and fully shut down before putting your hands near it.

true false

ANSWERS

1. True. Studies show the body part most frequently injured in the workplace is the hand.
2. True. Gloves are useful for protecting the hands in a wide range of jobs and industries.
3. False. Your employer and/or supervisor have the final say about which types of gloves are best suited for the work you do.
4. False. It is recommended that people first take a close look at an object they are preparing to lift to be sure there is nothing that could puncture or cut their hands.
5. False. The most frequent types of hand injuries reported each year are lacerations, cuts and punctures.
6. False. It's always best, and safer, to wear gloves that fit properly. They'll provide better dexterity.
7. False. Pinch points are areas where your hand can get trapped or mashed between two hard objects. Pinch points are everywhere in the workplace.
8. True. Over-the-counter hand lotions are good for replacing natural oils in the skin on the hand.
9. True. The hand is very complex and therefore can be difficult to heal fully, even with surgery.
10. True. And if you are unsure if the equipment is shut down, ask your supervisor.

FAST FACTS ABOUT THE HAND



- Your hand is one of the most complex parts of your body. It has 27 bones from the wrist to the fingertips.
- The simplest everyday tasks can be extremely difficult without the use of your hands. Try this: Put one arm behind your back. Now try to tie your shoes.
- Hand and finger injuries are the most common type of workplace injuries.
- Always follow safety rules and wear your personal protective equipment.