

HAND SAFETY

There are many types of hand injuries, some of the main ones we could come into contact with on our job site include:



PREVENTATIVE MEASURES

- ☐ Always follow safe work practices and wear the proper PPE for the job
- ☐ Be aware of the job tasks, equipment and materials that can create a risk for a hand injury or put your skin in contact with a chemical, and know the steps that should be taken to prevent exposures or injuries.
- ☐ Always stay alert and focused on keeping your hands safe, not just at the start of work or a task.
- ☐ Identify safety features on tools and equipment before you use them, such as emergency off switches.

COMMON HAND INJURIES

- ☐ Punctures, cuts or lacerations – contact with sharp, spiked or jagged edges on equipment, tools or materials
- ☐ Crushed, fractures or amputations – caused by contact with gears, belts, wheels and rollers
- ☐ Strains, sprains and other musculoskeletal injuries – caused by using the wrong tool for the job, or one that is too big, small or heavy for your hand
- ☐ Dermatitis and other skin disorders – caused by direct contact with chemicals in products or materials

PREVENTATIVE MEASURES

- ☐ Do not wear rings, other jewelry or loose articles of clothing that could get caught on a moving object.
- ☐ Wear gloves that fit your hand and are right for the work being performed – not all gloves protect against all hazards
- ☐ Keep hands and fingers away from sharp edges (blades, protruding nails, etc.)

