



Hand Safety

**LOVE THEM,
PROTECT THEM**



In 2020, thanks to your hard work, we saw a **30% decrease** in the total number of **hand, finger, thumb and wrist injuries** that occurred on site (this also includes contractors).

Looking at QRP personnel alone we saw a **50% decrease!**

Common Hand Injuries

- **Punctures, cuts or lacerations** – contact with sharp, spiked or jagged edges on equipment, tools or materials.
- **Crushes, fractures and amputations** – contact with gears, belts, wheels, rollers or falling objects.
- **Burns** – contact with chemical or a hot surface; can also be caused by contact with electrical arcs.
- **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.

Preventive Measures

- Always follow safe work procedures and work instructions and wear the proper PPE for the job(s)/task(s).
- 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; 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.
- Use tools and equipment designed for the work being performed and use them as instructed by your supervisor and/or the manufacturer.
- Check tools and equipment to make sure they are in proper working order before beginning a task.
- Identify safety features on tools and equipment before you use them.
- Wear gloves that fit your hands and are right for the work being performed – not all gloves protect against all hazards.
- Do not wear rings, other jewelry or loose articles of clothing that could get caught on a moving object.

**At least 500,000
hands are injured in
Canada every year**



Don't be a statistic!