



Common Causes of Finger & Hand Injuries



SHARPS



TOOLS



MACHINERY



HOT/COLD



ELECTRICITY



CHEMICALS



BIOLOGICAL



VIBRATION



GRAVITY

Our Hands at Work!

The hand is the part of the body most often injured, and these injuries are sometimes difficult to heal.

Think of your hands as:

Valuable – Your hands are superbly designed tools of amazing strength and dexterity. They can pinch, grasp, twist, lift, hold and manipulate while doing a wide variety of other specific tasks.

Vulnerable – Your hands and wrists are a complex system made up of 27 hand and wrist bones in addition to muscles and tendons, ligaments, blood vessels, nerves and skin.

A few prevention tips

- Work at our own pace. The frequency of hand injuries is proportional to how quickly you work.
- Stay Alert! Always watch what your hands are doing.
- Know how to handle the tools and equipment you work with. Don't take shortcuts.
- Never put your hand or finger where you can't see it.
- Inspect equipment and machinery before and after tasks to ensure good operating conditions.
- Always wear the correct gloves for the task; wear gloves that fit your hands.
- Use a brush, not your hand, to wipe away debris.
- Never wear gloves, jewellery or loose clothing around moving machine parts.
- Watch out for unguarded pinch points.
- Consider and identify ALL hazards prior to starting a task; if conditions change reassess the hazards to identify the creation of new hazards.



Remember! If even a small cut makes it difficult and painful to work or play, imagine if you had a serious injury.

Nearly ALL Hand/Finger/Thumb/Wrist injuries are **avoidable!**