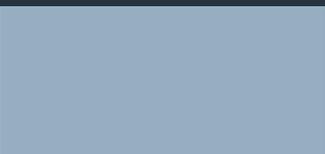




Focus

March 2013
MONTHLY SAFETY FOCUS

Protecting your Hands



How important are your hands?

- The hand is one of the most complex parts of your body – the movement of the tendons, bones, tissues and nerves allows you to grip, type, and perform complex jobs.
- As you know, when you have a hand injury, it is difficult to do routine simple tasks such as buttoning a shirt, using a fork, or tying your shoes.
- However you make your living, your hands contribute to your skill and value.



Hand Injuries are Too Common

- Nearly one-third of **work injuries** involve the hands, fingers, or wrists
- Hand injuries are also very common **off the job**
- The primary types and causes of hand injuries are:
 - Pinches and crushes
 - Cuts or lacerations
 - Abrasions
 - Punctures
 - Skin absorption of harmful substances
 - Chemical burns
 - Thermal burns



Pinches and crushes

- Pinches and crushes are the most common type of severe hand/finger injury
- Common causes are:
 - Machine guard disabled or bypassed
 - Material handling
 - Doors
 - File Drawers



Where does this hazard exist in your workplace?

What about off the job?

Cuts or Lacerations

- A long list of tools and equipment can cause cuts and lacerations
- Some examples are:
 - Saws
 - Hand tools
 - Straps, wires
 - Office equipment



Where do cut or laceration hazards exist in your workplace?

What about off the job?

Abrasions

- Abrasions include scrapes and tearing of the skin
- Below are examples of common causes of scrapes
 - Sanders or grinders
 - Conveyor belts
 - Rotating shafts
 - Scrap metal or broken glass

Where do abrasion hazards exist in your workplace?

What about off the job?



Punctures

- Punctures can be deep and are more likely to result in infections
- Below are common causes of punctures
 - Drill press
 - Nail gun
 - Hand tools
 - Metal or wood slivers



Where do puncture hazards exist in your workplace?

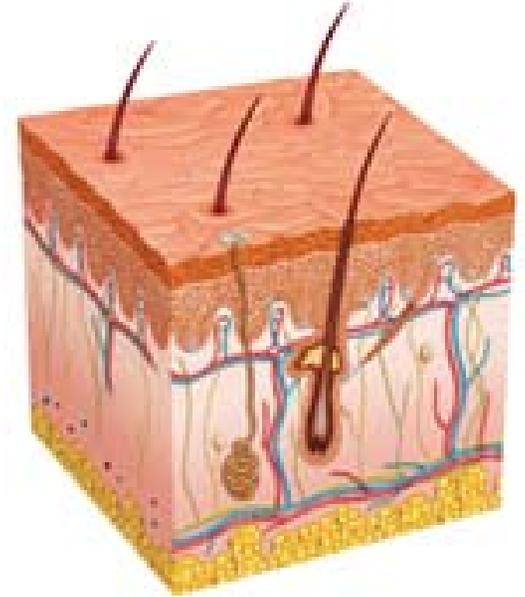
What about off the job?

Skin Absorption of Harmful Substances

- Some materials can enter through our skin or cause skin irritation and rashes
- Some examples are:
 - Solvents
 - Harmful dusts
 - Pesticides, insecticides, fertilizers

Where do skin absorption hazards exist in your workplace?

What about off the job?



Chemical Burns

- Most acids just burn the surface of the skin. Some go deeper.
- Below are some common examples of chemicals that can cause burns
 - Acids
 - Caustics
 - Cleaning chemicals

Where does this hazard exist in your workplace?
What about off the job?



Thermal Burns

- Exposure to hot equipment, steam, or water can result in thermal burns
- Common examples of burn hazards are:
 - Welding and cutting and plasma arc torching
 - Steam operations
 - Molten metal
 - Ovens

Where does this hazard exist in your workplace?

What about off the job?



Preventing Hand Injuries

- Use the correct tools and equipment for the job
- Only use equipment in good repair
- Keep saws sharp
- Never remove guards
- Be aware of pinch points and moving equipment
- Use appropriate cutting tools
- Wear correct gloves (70% of hand injuries are for workers not wearing gloves and 30% were wearing improper or damaged gloves)

What else would you add to this list?

