Hand Protection

Next to our eyes, our hands are probably the most important part of our body when it comes to doing our work. They're involved in almost everything we do. Yet many of the things we do with our hands are done without any deliberate thought. Your hands have no fear. They'll go anyplace they're sent and they only act as wisely as the person they belong to. So before you use your hands, think of their safekeeping.

Most common types of hand injuries and what you can do to prevent them:

Traumatic injuries: These often occur from careless use of machinery or tools. Hands and fingers get caught, pinched, or crushed in chains, wheels, rollers, or gears. They are punctured, torn, or cut by spiked or jagged tools and edges that shear or chop. Safety precautions should include using shields, guards, gloves, or safety locks; handling knives or tools with care; and keeping hands, jewelry, and clothing away from moving parts.

Contact injuries: These result from contact with solvents, acids, cleaning solutions, flammable liquids, and other substances that can cause burns or injure tissue. To protect against these injuries, read the product labels, use the right glove or barrier cream, and wash hands frequently.

Repetitive motion: Injuries happen when tasks require repeated, rapid hand movements for long periods of time. Change your grip, hand position, or motion. If possible, rotate tasks to give your hands a rest.

Protect yourself from hand injuries by remembering the following basic safety rules:

- Recognize hazards.

- Think through each job before you begin.

- Follow safety rules.

- Avoid shortcuts.

- If an accident happens, notify your supervisor and seek prompt treatment.

Protect your hands.....Use your head.

Safety Meeting Sign-In Sheet

Supervisor:	Subject:
Location:	Date:
Conducted By:	Trainer Signature:

Name (print clearly)	Signature	Comments / Safety Concerns / Training Requests