



SAFETY UNLIMITED, INC.

# Safety Tip of the Week

## Caught or Crushed Injuries

Each year, workers suffer approximately 125,000 caught or crushed-by injuries that occur when body parts get caught between two objects or entangled with machinery.

### Common causes of crushing hazards:

- Not paying attention to the location of hands and feet;
- Walking or working in areas with mobile equipment and fixed structures;
- Loose clothing, hair, or jewelry getting caught in rotating parts or equipment;
- Poor condition of equipment and guarding;
- Dropping or carelessly handling materials or suspended loads;
- Not using the proper work procedures or tools; and
- Reaching into moving equipment and machinery.

### Controlling crushing hazards:

- Machine guarding: Verify all guarding is in place and effective.
- Personal Protective Equipment: Heavy-duty leather gloves, metacarpal guards, forearm guards, etc.  
Note: Do not wear gloves around rotating machinery.
- Pre-work inspection: Identify potential pinch points before starting work.
- Stay in employee designated areas: Always make sure mobile equipment operators know your location.
- Lockout/Tagout: Always verify the equipment is de-energized before starting any maintenance work.
- Alertness: Drowsiness leads to inattentive work habits and shortcuts.
- Operating manuals and work procedures: Always review these before starting work; pinch points may also be identified in these documents.



**SAFETY IS A STATE OF MIND...ACCIDENTS ARE AN ABSENCE OF MIND!!**