

# HAND INJURIES

This topic was created to aid you with your regular scheduled safety meetings. This topic was designed to be presented in 5 to 10 minutes with a minimum of preparation. Remember to fill in the documentation section on the reverse side.

Your hands are an extraordinary piece of engineering design and most important to your welfare. If you are a bowler, you use your hands to hold and throw the ball. If fishing is your sport, you need your hands to hold your pole. Just about everything you do requires the use of your hands. Each morning you brush your teeth, comb your hair, get dressed, eat breakfast and drive to work. Once at work your hands do almost all of your work. Your hands are priceless; you must protect them.

Basic hand protection begins with your knowledge of your job. Can your job be done safely? Are there any hazards that may affect your hands? One of the basic ways of protecting your hands is wearing gloves. Selecting the proper glove to protect your hands is you and your supervisor's responsibility. Wear gloves when the chance of physical injury exists. The use of barrier creams can also protect your hands from dermatitis-type injuries.

Guards are another form of protection to prevent hand and finger injuries. Guards provide a physical barrier to protect against injuries. Guards should never be removed or blocked.

There are many unsafe areas for your hands. Be alert for shifting or moving material and for pinch points. Take care not to put your hands in hazardous locations. Jewelry can cause an injury. Rings can get caught and cause serious injury. Wear gloves or remove rings before starting work.

Remember how important hands and fingers are to you. Think about your hands and fingers. An injury to one finger can cause a great inconvenience. Losing a finger or a hand will handicap you for the rest of your life.

## **SAFETY REMINDER:**

**Don't take chances; always keep safety in mind and do your best to prevent injuries.**