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Keep Your Hands on Safety

Like your eyes, your hands are one of the most important parts of your body. They are involved in almost everything you do. Yet many things you do with your hands are done without thought. Your hands have no fear. They will go anyplace they are sent, and they only act as wisely as you. So, before you use your hands, think of their safekeeping.

Some common types of hand injuries and how you can prevent them:

TRAUMATIC INJURIES often occur from the careless use of machinery/equipment or tools. Hands and fingers get caught, pinched, or crushed in chains, rollers, wheels, or gears. They are punctured, torn, or cut by spiked or jagged tools and edges that shear or chop. Safety precautions 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 are caused by solvents, acids, cleaning solutions, flammable liquids, and other substances that can cause burns or injure hand tissue. Before they are used, read product labels and SDS's, use proper gloves and wash your hands frequently.

REPETITIVE MOTION INJURIES occur when jobs require repeated or rapid hand movements for long periods of time. Periodically change your grip, hand position or motion and vary job tasks to give your hands a rest.

Use anti-vibration gloves for tamping or demolition operations when using vibrating equipment.