

# A FOOT CAN SAVE A HAND!

## DON'T GET YOURSELF IN A PINCH, NIP OR "AMPUTATION POINT"

CRUSHING HAZARDS CAUSE INJURIES THAT OCCUR WHEN BODY PARTS GET CAUGHT IN, ON OR BETWEEN TWO OBJECTS - ALSO REFERRED TO AS PINCH OR NIP POINTS.

THE PHYSICAL FORCES APPLIED TO A BODY PART CAUGHT IN A PINCH POINT CAN VARY AND CAUSE INJURIES RANGING FROM BRUISES, CUTS, AMPUTATED BODY PARTS AND EVEN DEATH - THAT'S WHY THEY ARE ALSO REFERRED TO AS "AMPUTATION POINTS".



DRESS APPROPRIATELY AND DON'T WEAR ANYTHING THAT CAN DRAG YOU INTO EQUIPMENT



ALWAYS FOLLOW LOCKOUT PROCEDURES AND DON'T BYPASS SAFEGUARDS



LOOK FOR POSSIBLE PINCH POINTS BEFORE YOU START. REMEMBER 'A FOOT CAN SAVE A HAND'



STAY AWAY FROM POWERED EQUIPMENT UNLESS IT'S DE-ENERGIZED



**BC Forest Safety**

Safety is good business



# A FOOT CAN SAVE A HAND!

DON'T GET YOURSELF IN A PINCH, NIP OR "AMPUTATION POINT"



## HOW CAN YOU PROTECT YOURSELF?

### WORK STATION RISK ASSESSMENT

The most effective method of avoiding hand injuries (or all injuries) is conducting a proper work-station risk assessment, particularly "in the moment" risk assessments when dealing with upset conditions.

Ask yourself "What is the most common occurrence that causes you to put your hand into the bite?" Develop controls to reduce your exposure to pinch points like using the strategy '**A Foot Can Save a Hand**'.

### DRESS APPROPRIATELY FOR WORK

- Ensure your pants and sleeves are not too long or too loose
- Shirts should be fitted or tucked in
- Dangling neckwear, bracelets, watches, rings or similar articles must not be worn if there is the danger they might contact moving parts of machinery
- Head and facial hair must be contained and/or worn at a length that prevents it from being snagged or caught in machinery
- Wear suitable, well-fitting gloves approved for your task

### PAY ATTENTION AT ALL TIMES

- Plan out your actions in advance and determine the necessary steps to work safely
- Give your work your full attention; most accidents occur when workers are distracted. (i.e. leave the phone alone)
- When handling heavy or awkward items or tools, such as pike poles, don't rush and consider your actions before you act. Ask yourself "If this item or tool slips, will I or someone else get hurt?"

### FOLLOW LOCKOUT PROCEDURES

- Never reach into a moving machine
- Properly maintain and always use safeguards and equipment guards - they act as a barrier between the moving parts and your body
- Don't reach around, under or through a guard or barrier and **ALWAYS** report a missing or broken safeguard to your supervisor
- Turn equipment off and use lockout procedures before clearing a jam, adjusting, repairing or servicing a machine

### NEVER PLACE YOUR BODY UNDER OR BETWEEN POWERED EQUIPMENT UNLESS IT'S DE-ENERGIZED, TESTED AND LOCKED OUT

Vehicles, powered doors, mobile equipment, shifting equipment, robotics and forklifts can pose a crushing hazard unless they have been blocked or locked out.

