

# HAND INJURY REDUCTION

WHETHER YOU'RE A **PRODUCTION WORKER, AN EQUIPMENT OPERATOR, A MAINTENANCE WORKER** OR AN **OFFICE EMPLOYEE**, YOUR HANDS ARE ONE OF YOUR MOST IMPORTANT "INSTRUMENTS"

YET, EVERY YEAR PEOPLE SUFFER SERIOUS HAND INJURIES. THIS CAN BE PREVENTED BY:

- **RECOGNIZING HAND HAZARDS**
- **FOLLOWING ESTABLISHED SAFETY PROCEDURES**
- **USING PROTECTIVE GUARDS, SHIELDS, GLOVES AND OTHER PERSONAL PROTECTIVE DEVICES AS NEEDED**

YOU CAN TAKE ACTIONS TO SAVE YOUR HANDS FROM UNNECESSARY INJURY



**BC Forest Safety**

Safety is good business



# HAND INJURY

## REDUCTION

**PINCH POINTS ARE TRAPS FOR THE HAND.**

**PAYING ATTENTION AND BEING AWARE OF THEIR EXISTENCE IS THE FIRST STEP TO HELPING AVOID PINCH POINTS AND LINE OF FIRE INCIDENTS.**

### RECOGNIZING HAND HAZARDS

- Use of unprotected or faulty machinery or equipment
- Failure to use push sticks, guards, kill-switches or following appropriate lockout procedures
- Wearing jewelry, gloves, or loose fitting clothing around moving parts
- Chemicals, corrosives, and other irritating substances can cause burns and skin inflammation unless appropriate hand protection is used
- Rough surfaces which can scrape the skin
- Temperature extremes and electrical hazards are other common causes of hand injuries
- Reaching into pinch points

### HAND PROTECTION BEST PRACTICE

- Identify potential hand hazards before work begins
- Be alert to possible unguarded pinch points
- Always use push-sticks, guards, shields, etc. when appropriate. Don't remove guards!
- Use brushes to wipe away debris
- Inspect equipment/machinery before and after tasks to make sure they are in good operating condition
- Disconnect power and follow lock-out procedures before repairing/cleaning machinery
- Always use properly fitting personal protective equipment (gloves, guards, forearm cuffs, barrier creams) appropriate for the specific task you are performing

