

GET THE UPPER HAND ON CUTS

Your hands and fingers are essential for nearly every daily task you perform. From hitting the snooze button in the morning to setting your alarm at night, you depend on them more than you might realize.

Injuries to your hands and fingers can range from minor inconveniences to life-changing events. Because they are used so frequently, they are susceptible to injuries such as cuts and lacerations, which are among the most common workplace injuries.

WHAT TO KNOW:

- RISK OF INFECTION
- 10 WAYS TO PROTECT AGAINST CUTS
— ONE TIP FOR EACH FINGER



BC Forest Safety

Safety is **good** business

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CAUSES FOR CUTS AND LACERATIONS:

ALWAYS WEAR THE REQUIRED GLOVES FOR THE JOB!
If your gloves are worn out , get a new pair from your supervisor.

Understanding the common causes of cuts and lacerations is important for preventing these injuries in the workplace. By recognizing them, you can take proactive steps to protect your hands and fingers. Common causes for cuts, abrasions, puncture wounds and amputations include:

- Inadequate or improper training
- Lack of experience
- Rushing, taking shortcuts, or not paying attention to tasks
- Not complying with safety protocols, including not wearing the correct personal protective equipment (PPE) or any PPE at all
- Using inappropriate tools for tasks
- Removing machine guards or using machines with missing guards
- Handling sharp objects with hands instead of using appropriate tools or equipment (e.g., picking up broken glass with hands instead of using a broom and dustpan)
- Working in poorly lit or low-visibility areas
- Operating or working near machines that have not been properly locked and tagged out

If you do get injured, you risk infection if you don't properly clean and care for a cut, abrasion or wound to your hand or finger. ALWAYS report any injury, no matter how minor, to your supervisor.

10 WAYS TO PROTECT AGAINST CUTS AND LACERATIONS - ONE TIP FOR EACH FINGER

1. Always wear appropriate gloves and other required protective equipment.
2. Seek clarification if you are unsure how to perform a task safely.
3. Do not bypass machine or equipment guards.
4. Do not use machines or equipment with missing guards.
5. Do not bypass the lockout mechanism on a machine or piece of equipment.
6. Keep your hands clear of danger zones, including machine operation points and moving parts.
7. Make sure tools and equipment are well maintained.
8. Do not use damaged or broken tools.
9. Use the correct tool for the task and operate it safely.
10. Participate in training sessions.

REMEMBER:

Although cuts and lacerations are among the most common workplace injuries, you can get the upper hand by following safe work practices and always wear protective equipment!

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