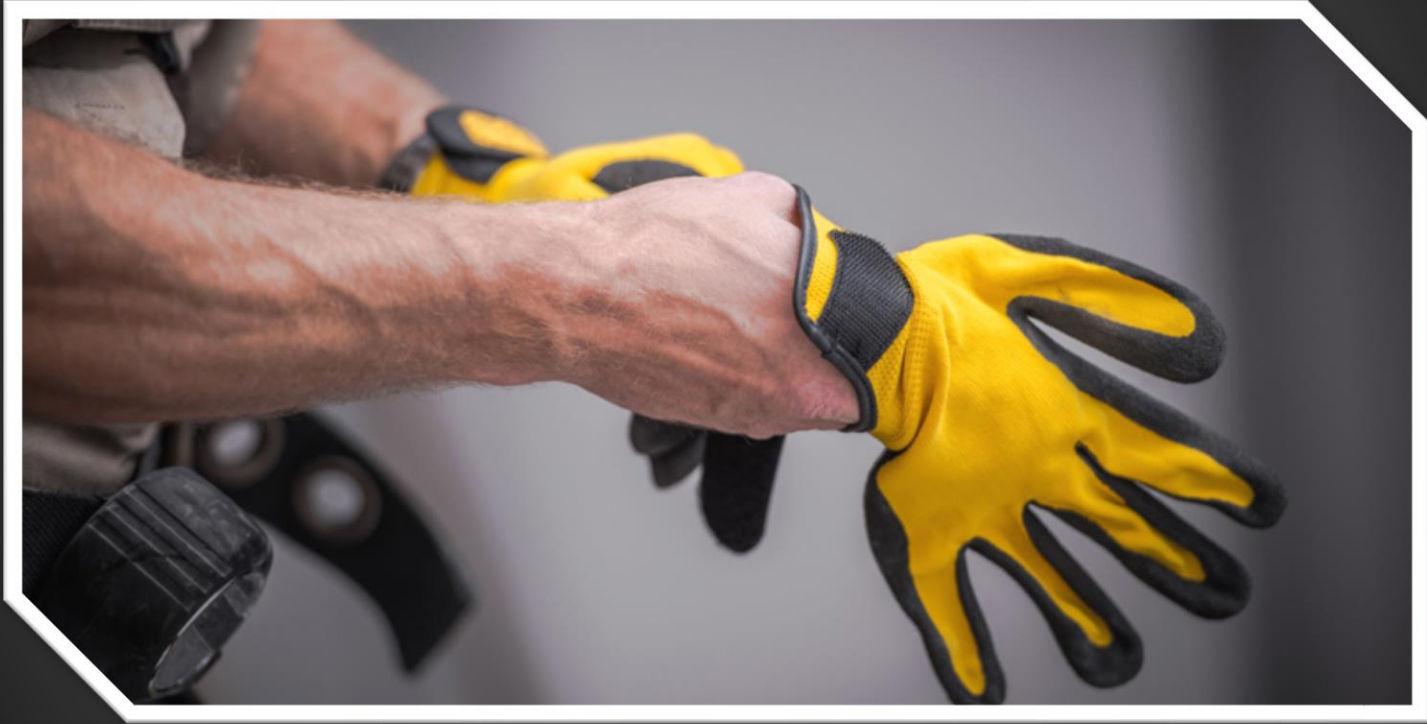


Safety Educational Webinar Series – Preventing Hand Injuries In The Workplace





Hands Are Exposed To Countless Workplace Hazards

Machinery That Can Pinch or Crush, Knives and Sharp Tools That Can Cut or Puncture, Corrosive or Irritating Chemicals, Extreme Heat or Cold and Ergonomic-Related Hazards.

OBJECTIVES:

- Why we must maintain an awareness of where we are placing our hands at all times;
- What types of protective gloves are available and the hazards they protect against;
- Why gloves must fit properly and comfortably;
- What precautions to follow when working around moving machinery;
- How to avoid hand injuries by using tools safely;
- What basic safe work practices to follow to prevent ergonomic disorders

Engineering Marvel!

- Consists of the following:
 - 27 bones;
 - Ligaments;
 - Muscles;
 - Tendons;
 - Nerves;
 - Blood Vessels;
 - Skin; and
 - Nails





Hand Injuries Are PREVENTABLE!

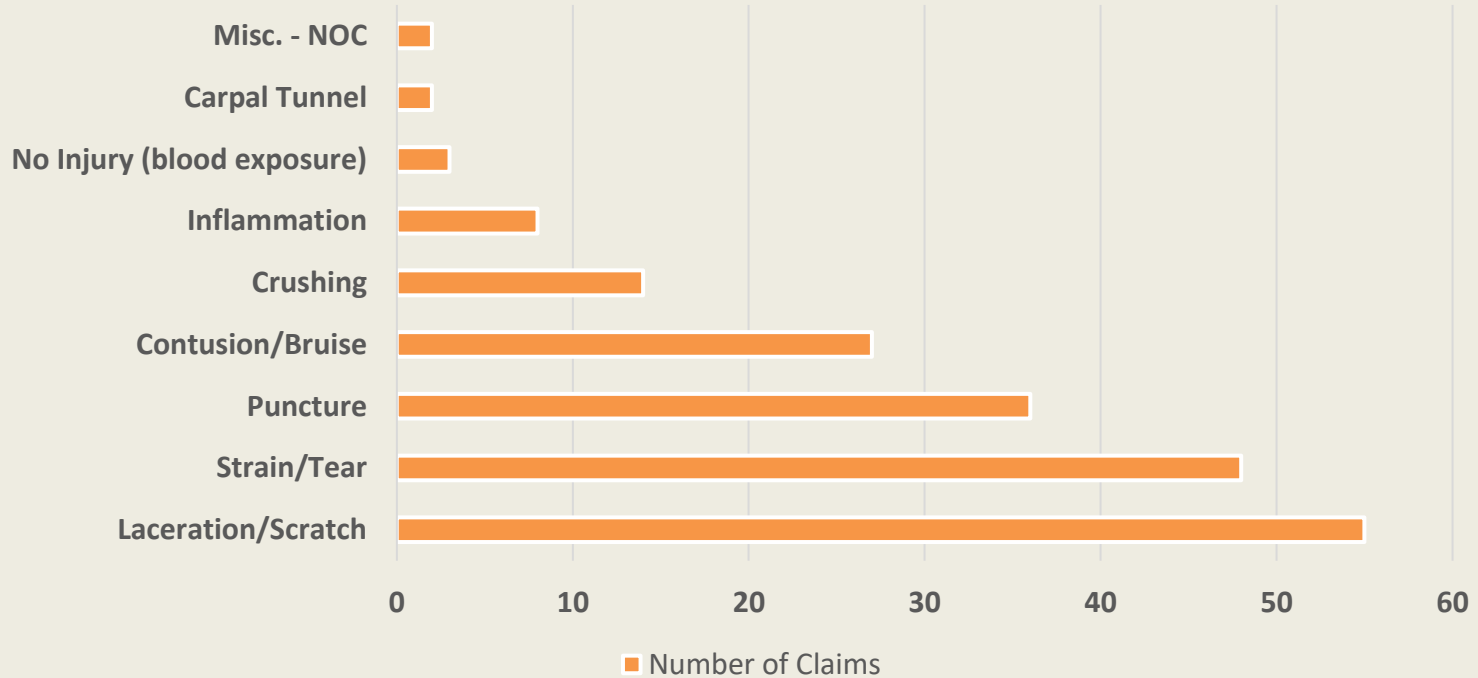
- US Bureau of Labor Statics = highest total of injuries among the other body parts.
- Requires a respect for the hazard;
- Commitment; and
- Awareness of where we are placing our hands at ALL times!!!!

SMT HAND, WRIST, FINGER, & THUMB CLAIMS: 1/1/2020 – 8/31/2023

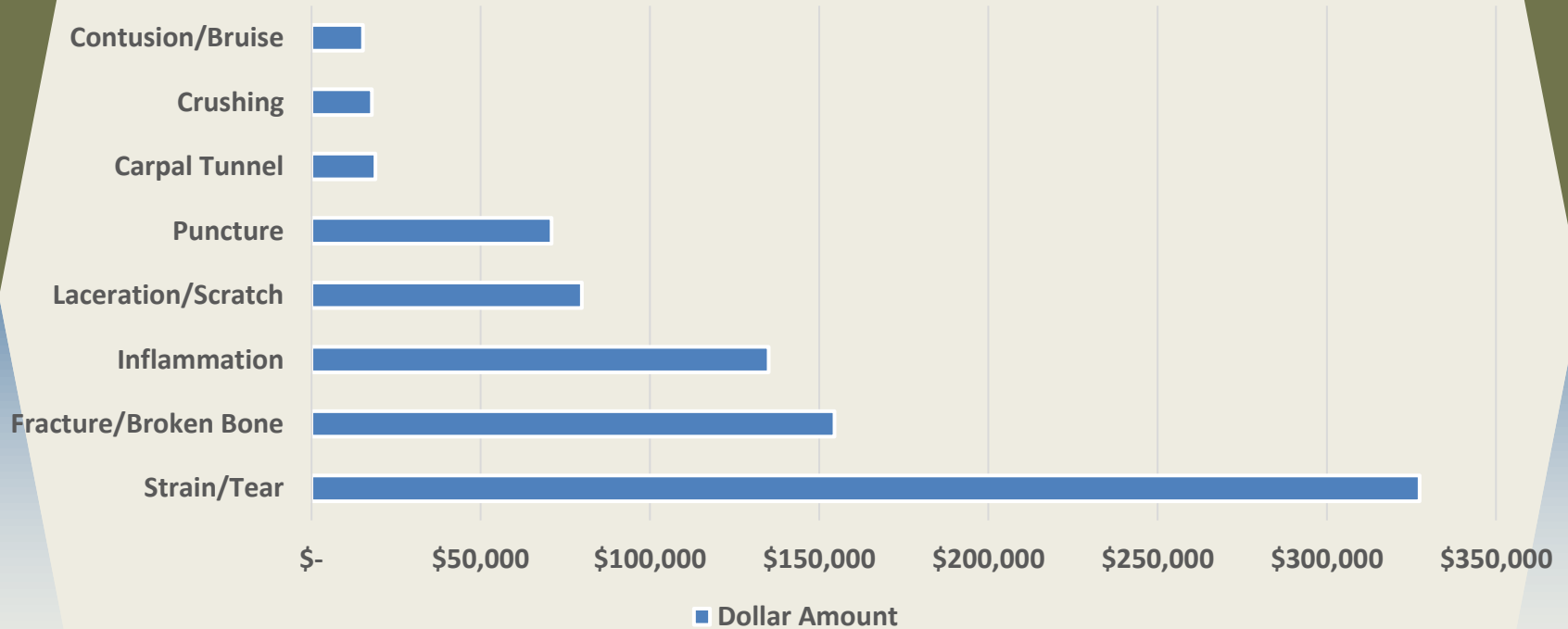
- Total number of claims*: 214
- Total amount of those claims: \$823,432

** Does not include zero-dollar (report-only) claims*

SMT Hand/Wrist/Finger/Thumb Claims by Frequency: 1/1/2020 – 8/31/2023

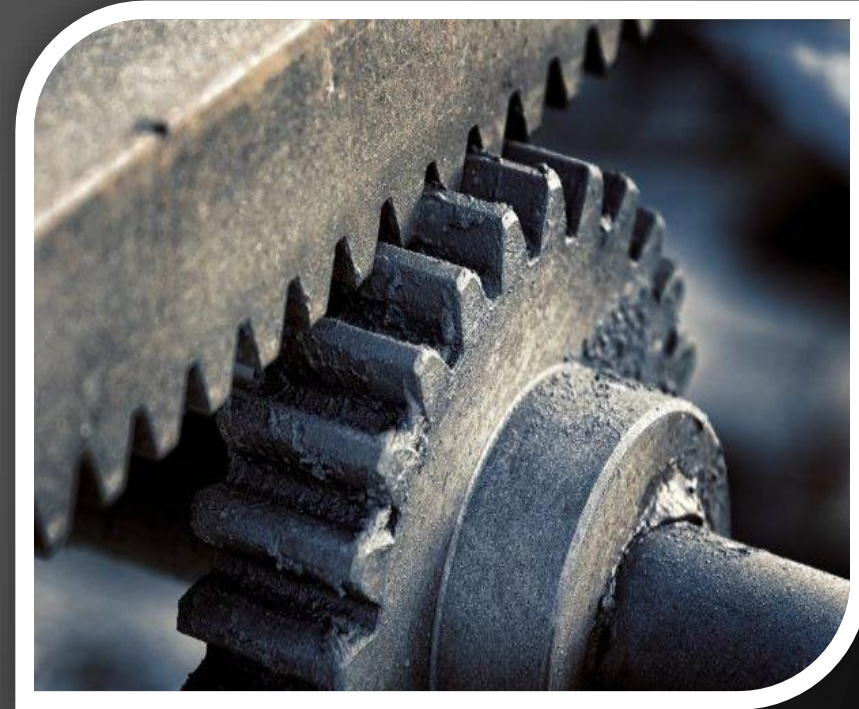


SMT Hand/Wrist/Finger/Thumb Claims by Severity: 1/1/2020 – 8/31/2023



Pinch Points

- Pinch points are areas where the hands can become caught and pinched between two moving parts of a machine or between the material being processed and the machine itself.



Rotating Equipment

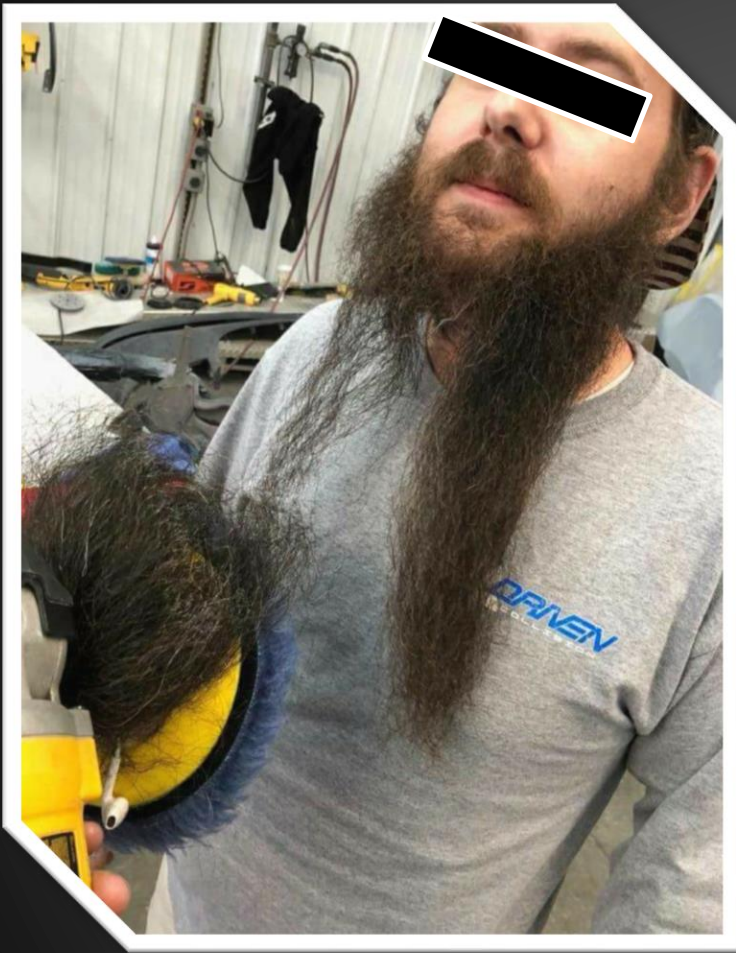
- Uses rotating motions to function.
- Examples include spindles, clutches, and fans.
- Considered to be extremely hazardous!



Entanglement

- Entanglement is when a piece of your clothing or jewelry gets caught in moving machinery.
- This results in pulling your finger or entire hand inside the machine.



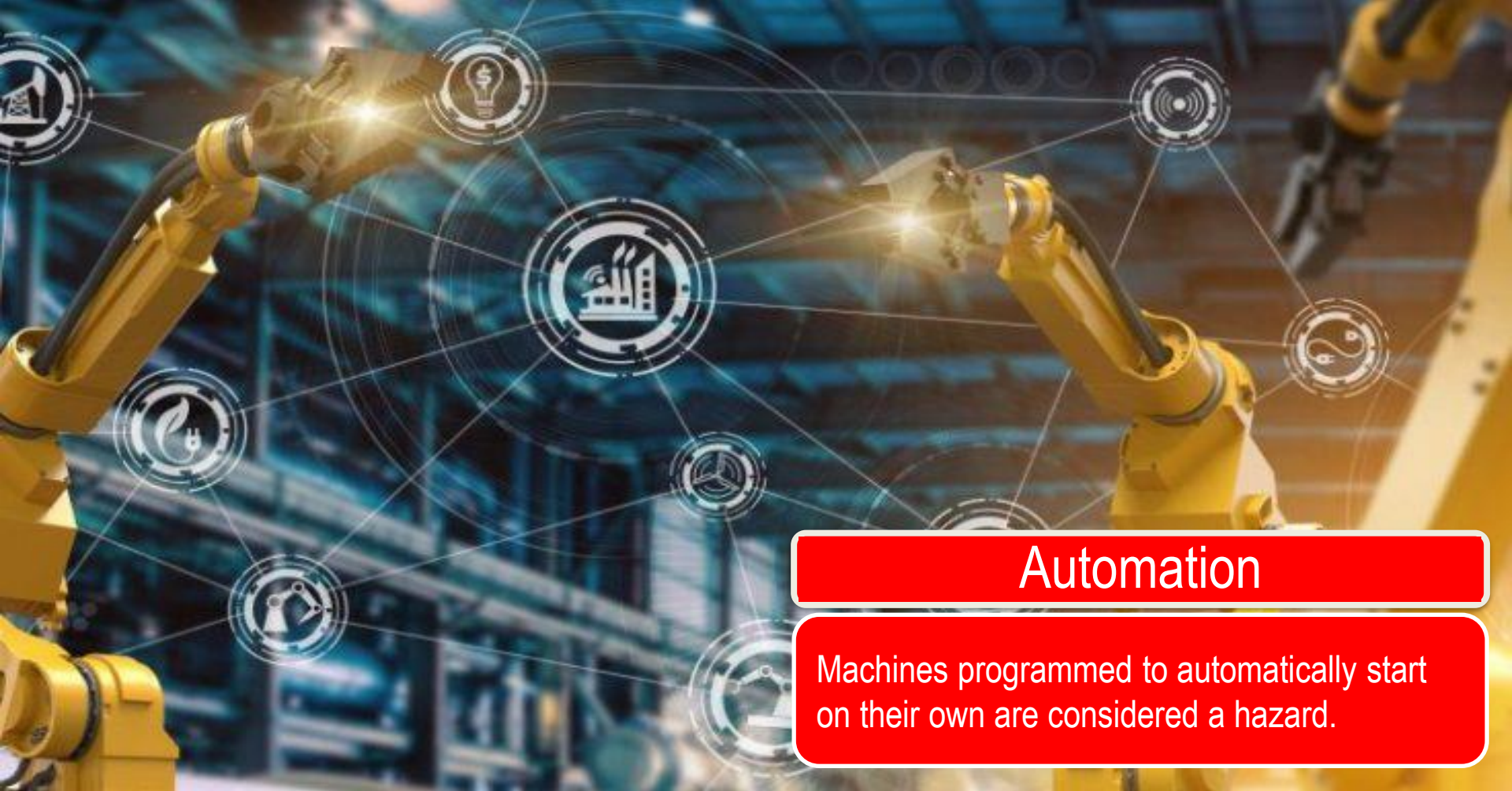


Its not just our hands that
can get entangled!!

Hot and Cold Spots

- These are spots or areas that, when touched, can cause injuries due to their extreme temperature.
- For example, machinery hotspots, which are located in equipment such as injection molders and welding tools, can inflict severe burns on the hands.





Automation

Machines programmed to automatically start on their own are considered a hazard.



Other Common Injuries:

- Cuts
- Bruises
- Burns
- Amputations
- Crushing

MAINTAINING AWARENESS PREVENTS HAND INJURIES

- Preventing hand injuries begins with maintaining awareness!
- Distractions, complacency and rushing contribute to many hand injuries each year





Maintaining Awareness

- Understanding hazards is Key!
- Concentrate on the task at hand.
- Stop work and regain focus!

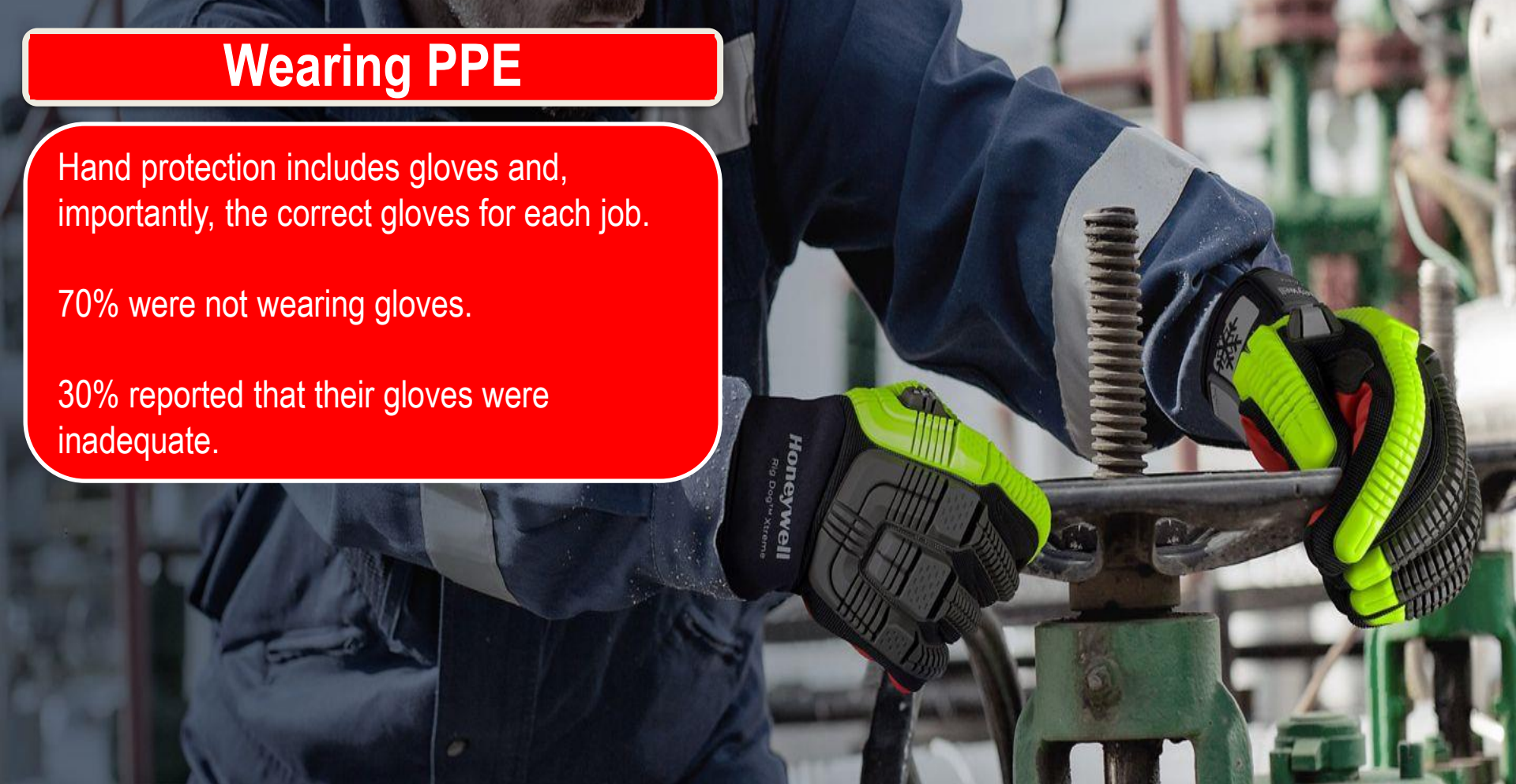


Wearing PPE

Hand protection includes gloves and, importantly, the correct gloves for each job.

70% were not wearing gloves.

30% reported that their gloves were inadequate.



TYPES OF PROTECTIVE GLOVES

- Protective gloves can protect our hands against various workplace hazards.
- Cloth gloves can protect from minor hazards.
- Heavy leather gloves are good for handling materials.
- Various types of cut-resistant gloves are available for handling sharp objects.



When working with chemicals, you can refer to section eight of the substance's Safety Data Sheet.



**Cuts, lacerations, abrasions,
punctures**

Leather, Kevlar, cotton, synthetics

Re-usable – inspect, care and maintain



Liquids, bodily fluids, chemicals

Rubber, nitrile, butyl

Disposable, re-usable

“If The Glove Doesn't Fit, You Must. . .”



PKSafety.com



Preventing Hand Injuries In The Workplace

One Last Thing About Gloves

- Growing trend among construction clients
- 100% glove compliance programs
- Implementing a policy
- Selecting the appropriate glove



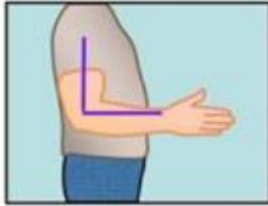
Using Tools Safely

- Choose The Right Tool For The Job.
- Padded Handles Help Reduce Strains.
- “Cheater Bars” Are Not Permitted!
- Keep Hands Clear Of The Cutting Path!



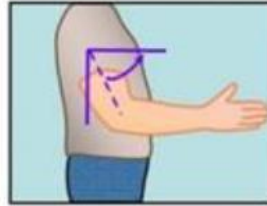
A Word About Posture

Neutral Posture

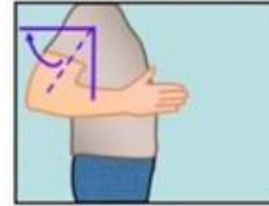


Awkward Postures

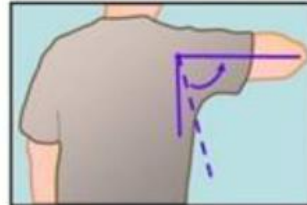
Shoulder Flexion



Shoulder Extension



Shoulder Abduction



Shoulder Abduction & Extension



Preventing Ergonomic Disorders

- Prolonged use of power tools that vibrate can cause damage.
- Take frequent breaks or alternate work tasks to decrease the duration of exposure.
- Anti-vibration gloves are available.
- Cold, wet hands can make hazards even worse.

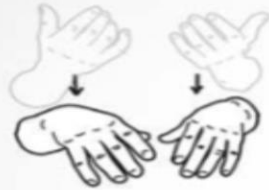
TALK TO THE HAND

DAREBEE WORKOUT

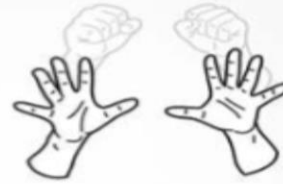
@ darebee.com

10 reps each | 3 sets

2 minutes rest between sets



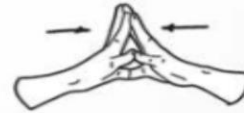
1. rapid shaking



2. open and close fists



3. rotations



4. finger press



5. side flickers



6. up and down wrist flips

Rules of Thumb

- Don't put your hands anywhere without looking first.
- Don't take off guards from machines.
- Don't wear loose sleeves or jewelry.
- Don't use your hands to push material into a machine or sweep up dirt.



Rules of Thumb

- Watch out for potential pinch points.
- Don't put your hands into machinery.
- Don't rush your work.
- Use tools correctly.





**STAY FOCUSED -
DON'T GET CARELESS
OR DISTRACTED**

**HAZARDS OF THE JOB
KNOW THE**

**ABOUT
30% OF ALL
INJURIES ARE
TO THE HAND**

**PROTECT
YOUR
HANDS**

**WEAR HAND PROTECTION
WHEN USING CUTTING TOOLS**

**PAY
ATTENTION
TO THE JOB
AT HAND**

**REMEMBER
THE SAFETY
PROCEDURES**

Questions, Comments or Concerns?

