

# Protect your hands



Hand injuries can derail your day – or your career. Keep your hands safe while working by double-checking the following:

Are you keeping your hands and fingers clear of pinch and crush points?

Are there proper guards in place on all power tools?

Are objects being cut or worked on secured from movement?

Is your work area free from hazards that can cause injury, such as sharp, spiked or jagged edges?

Are you wearing well-fitting, puncture- or cut-proof gloves when using hand tools or power tools? Gloves that are too large can cause additional risk.

If you are working with hazardous chemicals, are you wearing appropriate gloves and personal protective equipment (PPE)?

Are you prepared for a chemical contact with the proper neutralization solution?

## Safety managers, are you:

Training workers on hand safety?

Providing well-fitting gloves that are appropriate to the individual and the task?

Maintaining tools and equipment, and ensuring guards are in working order?



## Resources

1. [https://www.ansell.com/us/en/blogs/safety-briefing/na/na\\_top-10-tips-for-hand-safety](https://www.ansell.com/us/en/blogs/safety-briefing/na/na_top-10-tips-for-hand-safety)
2. <https://www.friedlandergroup.com/blog/preventing-hand-cuts-lacerations>
3. <https://www.impomag.com/safety/article/13248171/5-tips-on-preventing-lacerations>
4. <https://www.rakenapp.com/features/toolbox-talks/laceration-hazard-injury-prevention>
5. <https://ohsonline.com/Articles/2018/08/01/Take-Matters-into-Your-Own-Hands.aspx?m=1&Page=1>
6. <https://www.bls.gov/iif/nonfatal-injuries-and-illnesses-tables/case-and-demographic-characteristics-table-r2-2020.htm>
7. <https://www.bls.gov/spotlight/2019/25-years-of-worker-injury-illness-and-fatality-case-data/>  
(see slide 12)

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