

**TOPIC: HAND SAFETY**

**QUESTION: Why is hand safety so important?**

Hands are exposed to many hazards on a daily basis, therefore identifying hazards and developing safety measures can help lower or prevent the risk of future injuries.

**QUESTION: What are common hand hazards in the workplace?**

- **Mechanical Hazards** – Tools, equipment, machines, structures, and vehicles.
- **Heat and Cold Hazards** – Burns caused by exhaust pipes, sparks, steam, hot pipes, hot liquids, welding, molten metals and extreme cold.
- **Chemical Hazards** – Degreasers, metals, plant and animal oils, dyes, inks, cleaning solutions, and many other chemical products.

**QUESTION: What are common hand injuries?**

Strains and sprains, fractures, crush injuries, abrasions, cuts, pinches, puncture wounds, injuries that occur over time such as Musculoskeletal Disorders, i.e. Carpal Tunnel.

**QUESTION: How can you help prevent hand injuries?**

The best way to help prevent injuries is by identifying the hazards in the job and having an effective hand protection program in place before any work starts.

**QUESTION: What are effective ways of protecting your hands?**

Your hands must be protected from the hazards of the particular job that you are doing.

- Gloves – different types of gloves offer protection against different types of hazards
- Protective sleeves
- Ensure guards are in place
- Use the right tool for the job
- Periodically rest your hands, especially with repetitive tasks.

**QUESTION: Final tips and recommendations?**

- Stay alert and keep focused on the task at hand as hand injuries can occur in seconds and result in permanent disablement.
- Implementing an effective hand protection program is key in preventing hand injuries.
- Safety training, safety rules, proper work practices and first aid training are essential.
- Injuries should be treated immediately to increase the chances of full recovery.