HAND SAFETY & GLOVE

It’s easy to take hands and fingers for granted- employers and employees do it everyday! Yet these extremities are regularly subject to injury on site. Most people don’t recognize how essential hands are until a serious injury occurs affecting use.

Remember these important facts:

• Your hands make you a skilled and valuable worker!
• Your hands are an incredibly complex and delicate part of your body.
• Hands and fingers are difficult, if not impossible, to replace.

Following these safety guidelines will help prevent the unnecessary injury or loss of these invaluable assets.

Best Work Practices

• Come to work well rested.
• Stay alert and pay attention to the task at hand.
• Understand existing job site hazards and control or eliminate exposure.
• Select the right hand or power tool for the job.
• Understand all operating instructions for required tools or machines.
• Inspect hand and power tools for electrical hazards and safety guards.
• DO NOT put hands into a danger (cutting) zone; use a push stick.
• When using a knife cut AWAY from the body.
• Ensure energy is controlled-locked and/ or tagged out for repairs.
• Use gloves that “fit snug” to the hand.
• Use caution when working around machinery and rotating parts (i.e. belts, pulleys, chains and sprockets).
• Never put your hands anywhere that your eyes haven’t seen first.
Action Item

These hand stretches may help you before and after using vibrating equipment.

For more Tailgate Talks, Safety Briefs or more information about the Connecticut Technology Transfer Center, visit us at: www.T2center.uconn.edu