



Weekly Safety Meetings

Safety Training for the Construction Industry

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Premium Membership

COMPANY NAME: _____

Library 25-52

Hand Injuries

Protecting your hands is critical. You use your hands to brush your teeth, eat lunch, drive your car, mow the lawn, and hold tools. Can you think of a two minute period since you woke up this morning when you didn't use your hands for **something**? You use them all the time. You have to take good care of them.

Let's take a few minutes to identify things you can do to prevent hand injuries.

- **Wear gloves**—they are your first line of defense against cuts, scrapes, blisters, and burns:
 - o Choose the right gloves for the job and make sure they fit comfortably.
 - o Wear chemical resistant gloves when handling chemicals, especially caustics and acids.
 - o Keep the insides of your gloves clean. Contaminants in your gloves can cause blisters and burns.
 - o Wear gloves when using knives, box cutters, etc. Always cut away from your body.
- **Be aware of machine dangers**—avoid getting parts of your body crushed or amputated:
 - o Remove rings, watches, bracelets, etc., to reduce the possibility of entanglement.
 - o Avoid pinch points and spinning shafts.

- o Always keep guards in place. Never try to cheat or bypass a guard or safety device.
- o Use a brush, or scraper—not your hands—to clear away shavings or filings from work areas.
- **Keep an eye on what you are doing**—simple choices will prevent injuries:
 - o Don't handle broken glass, rebar, cutters, and other sharp objects with your bare hands.
 - o Keep your hands away from sharp edges, needles, protruding nails, and splinters.
 - o Use caution when carrying objects. Doorways and stair rails can smash your hands and fingers.
 - o Recognize and avoid pinch points **before** you get pinched.

Your hands can hold, push, pull, guide, grip, flex, and feel. They are indispensable and irreplaceable. They require proper care and attention.

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SAFETY REMINDER
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Always make sure you have a good grip; whether it's on the tool you're using or the load you're carrying.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

REVIEWED SDS # _____ SUBJECT: _____

MEETING DOCUMENTATION:

JOB NAME: _____

MEETING DATE: _____

SUPERVISOR: _____

ATTENDEES: _____

These instructions do not supersede local, state, or federal regulations.