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:
  - Choose the right gloves for the job and make sure they fit comfortably.
  - Wear chemical resistant gloves when handling chemicals, especially caustics and acids.
  - Keep the insides of your gloves clean. Contaminants in your gloves can cause blisters and burns.
  - 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:
  - Remove rings, watches, bracelets, etc., to reduce the possibility of entanglement.
  - Avoid pinch points and spinning shafts.
  - Always keep guards in place. Never try to cheat or bypass a guard or safety device.
  - 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:
  - Don't handle broken glass, rebar, cutters, and other sharp objects with your bare hands.
  - Keep your hands away from sharp edges, needles, protruding nails, and splinters.
  - Use caution when carrying objects. Doorways and stair rails can smash your hands and fingers.
  - 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.

SAFETY REMINDER

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 MSDS # SUBJECT:

MEETING DOCUMENTATION:

JOB NAME:

MEETING DATE:

SUPERVISOR:

ATTENDEES:

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