



What?

- Think about the times you have held a sharp object; touched a hot surface; felt pain when gripping a tool or twisting your wrist; nearly cut or crushed your hand, or your hand has come into contact with a chemical or caustic material?
- If you can think of even one time for any of these, it is one time too many!
- Hand injuries are the second leading cause of work-related injury
- Have you ever reflected on the impact a hand injury could have to your personal and work life?
- Damage to the nerves or tendons in your fingers, thumbs and hands can be permanent and debilitating, impacting your day to day activities
- Worse still the loss of a finger or your opposable thumb can severely restrict your ability to grip objects
- Consider how you would cope not being able to grip a steering wheel; hold a drill/wrench; tie your laces; write; or hold a golf club, to name just a small number of daily hand related activities
- As part of this toolbox talk try taping your thumb to your index finger to immobilize it, and then try holding a pen or opening a door, you can immediately appreciate the impact it would have



Why? Types of Injuries

- Punctures, cuts or lacerations caused by contact with sharp, spiked or jagged edges on equipment, tools or materials
- Crushing, fractures or amputations caused by contact with moving parts, falling objects, gloves or clothing getting caught or just through putting your hand in harm's way
- Strains, sprains, and other musculoskeletal injuries caused by using the wrong tool for the job, too small or heavy for your hand
- Skin Burns caused by direct contact with a hot surface, naked flame or a chemical
- Don't forget the risk of electrical burns
- Dermatitis and other skin disorders; caused by your skin coming into direct contact with chemical products and materials

Do



- ✓ Access the risk before you begin work identifying moving parts, pinch points and any sharp materials and equipment
- ✓ Select the appropriate hand protection gloves, gauntlets and the correct protection rating
- ✓ Maintain good hand hygiene and minimize the likelihood of dermatitis
- ✓ Report and escalate hand unsafe acts / conditions

Don't



- ✗ Proceed with the task if the safe working tools are not available
- ✗ Forget about protection to your arms
- ✗ Put your hands in harm's way
- ✗ Use contaminated or excessively abraded, ripped, torn or punctured gloves
- ✗ Remove PPE gloves during the task