



S&W READY MIX CONCRETE COMPANY	PLANT #:
CORPORATE ENVIRONMENTAL / SAFETY PROGRAM	SEPTEMBER
HAND SAFETY - MONTHLY TRAINING TOPIC	

YOUR HANDS-HANDLE WITH CARE

Our hands are on the front line of action at work, and so they are easily injured. A hand injury is serious because it can result in a permanent disability, a life threatening infection or loss of ability to do certain types of work. It is important to follow safe work practices to prevent hand injuries. It is also important to wear gloves to protect the hands in many circumstances - and it can be just as important not to wear gloves in other situations.

Let's take a look at the some of the types of hand injuries. Cuts and amputations can be caused by equipment such as knives and powered shears. Any pointed objects such as screwdrivers or punch presses can cause puncture wounds. Crushing injuries can be caused by machinery, which rotates and pulls a hand or glove into the point of contact. Crushing injuries can also be caused by machinery, which moves up and down with a pounding action.

Follow these guidelines for protecting your hands:

- Keep hands in a safe position while working. Keep them clear of moving machinery and other locations where they can be injured.
- Use aids such as push sticks and tongs to keep your hands away from danger zones such as rotating saw blades and hot objects.
- Stay alert. Be aware of what you and others are doing to keep your hands out of harm's way.
- Make sure that equipment is turned off and disconnected from any power source before attempting adjustments or repairs. Follow all lockout procedures to prevent accidental start-up of equipment.
- Use machine guards and safety interlocks the way they were intended. Never remove them or bypass them. They are designed to keep you safe from injury.
- Use doorknobs, drawer pulls and vehicle door handles the way they are intended to be used. This will help to prevent the common hand injuries caused by slamming fingers in a door or drawer.
- Take off jewelry such as rings or watches when working. They can easily be caught in moving machinery and other traps.

Use gloves which are made of the right material to protect your hands:

- Cotton gloves may be appropriate for some types of light work.
- Leather gloves protect against scrapes and bruises when doing heavier work such as lifting materials.
- Gloves made of natural rubber, neoprene, nitrile and other materials protect against certain chemical hazards. Wear the approved type, because chemicals can leak through or damage the wrong kind of gloves.
- Certain kinds of rubber gloves are worn when working around electrical hazards.
- Gloves such as the disposable surgical type are used around infectious materials, and to maintain sanitation when working with food.
- Mitts or glove liners may be worn for greater protection against the cold.
- Insulated fabrics such as aluminized material provide protection against excessive heat.
- Also available are other types of hand protection such as finger guards, hand pads and cuffs.

These are just some of examples of the types of hand protection available. Make sure that you get advice in choosing, fitting and caring for the hand protection required for your job.