



# Finger, Hand and Arm Injury Safety



## Background

Because our hands and fingers play a role in virtually every task, they are unusually vulnerable to injury. They are often taken for granted and not protected as well as they should be. In CY2019, SSC sustained a total of eleven hand injuries, two of which were OSHA recordable and seven arm injuries, with two of those being OSHA recordable. To date, there have been four injury cases involving fingers, hands and arms; one a Type D mishap.

## Safe Plan of Action

Bone fractures and breaks, tendon and muscle tears, along with cuts and lacerations are some of the more common ways workers injure their hands on the job. While treating hand injuries can prove to be costly and often require many days off of work to recover, the good news is that many hand injuries are easily preventable; whether at work or home. With the right training, tools, resources, and education, employers and employees can help prevent hand and arm injuries. Let's use our safety training at work and at home, to prevent these injuries.

Don't take your hands for granted, you need them for the most simple and the most difficult tasks. Take the proper care to protect your hands from sharp edges, stored energy, power and hand tools, chemicals, extreme temperatures, intense pressure, and other hazards. Protect your hands, arms and fingers. ***You only get one set!!***

# Prevent Finger, Hand and Arm Injuries

We know the main causes of hand injuries, but what can we do to prevent them? There are several practices employers and employees can implement to reduce the risk of hand and arm injury: engineering controls, administrative controls and personal protective equipment (PPE).

## Engineering Controls

Engineering controls reduce hazards through the use of equipment that has built-in measures to protect the worker, and is always the preferred way to reduce workplace hazards. Some common types of engineering controls include safety guards, electrical proximity limiting devices, emergency stop devices, and ergonomic tools.

## Administrative Controls

Administrative controls are procedures management puts in place, and are useful when engineering controls either cannot be implemented or cannot alone effectively reduce risk. Safety training, lock-out tag-out rules, warning signs, product substitution, and attention to ergonomic principles are all forms of administrative controls.

## Personal Protective Equipment (PPE)

PPE is worn to minimize hazards when engineering and administrative controls are not feasible or sufficient. It is crucial that the appropriate gloves are worn for the specific task.

