



Mission Success Starts With Safety



SSC Monthly Construction Contractor Meeting

Safety Presentation

Preventing Hand and Arm Injuries

August 05, 2021

Preventing Hand and Arm Injuries

- Assess job hazards to determine if personal protective equipment is required:
 - Gloves - protect against lacerations, chemicals, and extreme temperatures (heat and cold).
 - Equipment guards – protect personnel from having direct contact with moving parts and other dangerous areas of a equipment.
- Assess clothing and jewelry before work:
 - Remove rings, watches and bracelets when working with tools, machinery or if they could get caught on anything.
 - Make sure sleeves or other loose clothing can't get caught in or on anything.
 - Select the right work glove for the job and make sure they fit properly – not too tight and not too loose.
 - Inspect gloves for tears, holes and wear.

Preventing Hand and Arm Injuries

- Contact Hazards

- Blind reaching is a common way to injure hands. This includes reaching *into, under, over, between* or *behind* something when you can't see where your hands will be. Blind reaches can cause your hands to:
 - Get burned on something hot or cold.
 - Be cut on a sharp edge.
 - Come in contact with moving parts.
- **If you can't see:**
 - Get down on your hands and knees to look under something.
 - Use a flashlight or mirror to assess the area not readily visible.
 - Shut down equipment and lockout before removing the guard to perform work or retrieve a fallen item.