

SAFETY TIP OF THE WEEK

ZERO HARM

Hand, Wrist, and Finger Injuries

Protection recommendations to reduce injuries.

Hand, wrist and finger injuries are among the most common ailments suffered by workers.

Throughout the day, hands come in contact with a multitude of hazards such as heavy doors, handling heavy material, sharp tools and corrosive chemicals. When suffering from an occupational injury, there is not only initial pain, there can also be weeks or months of rehabilitation. To avoid suffering from a hand, wrist or finger injury, you must learn how to recognize potential hazards and then take the proper steps to avoid them. Remember, those in administrative positions are not immune from clearing copiers to closing car or closet doors.

Hazards

- Cutting tools
- Machinery operation
- Extreme temperatures (brazing, grinding, clearing paper jams in copiers)
- Pinch points (doors and drawers)
- Equipment without machine guards
- Wearing loose clothing that can get caught in a machine and pull body parts with it

Precautions

To avoid hand, wrist and finger injuries, consider the following recommendations while on the job:

- Develop a “safety first” attitude and take time to familiarize yourself with the hazards in your working environment. Become familiar with equipment and what others are doing around you. SLAM every job before you start.
- Concentrate on the task at hand, especially if you get in a hurry, frustrated or are easily distracted.
- Use common sense and remain alert for unexpected problems.
- Review any JSA that is available on the task.