



SAFETY TRAINING TALK

Date

TOPIC: Protect your hands

Like most things of marvel, we have come to take our hands for granted--except when we get our fingers pinched in a door or between two bowlingballs. Then we remember that our hands are not only present but sensitive, too. Unfortunately, we soon forget this experience and start taking them for granted again.

Hand protection isn't anything new. It's been considered important for years. In medieval times, knights wore armored gauntlet gloves. Later, the bare-knuckled prize fighters discovered it was easier on both parties involved if their hands were covered when they squared off. And as the game of baseball developed, the fielder's gloves evolved from a skimpy piece of leather into something with considerably more padding.

It might surprise you to know that hand injuries account for one third of the two million disabling on-the-job accidents which occur each year. Most of these hand injuries are caused by pinch points--80 per cent of them, in fact. Pinch points have the nasty habit of catching us when we aren't looking, or more appropriately stated, when we are not paying attention.

Another precaution to take for hand protection is to wear approved work gloves when handling rough materials and during other operations where your hands are directly involved in the lifting or moving of objects.

When you don't lock out machinery which you have to reach into, or when you remove a guard and don't replace it, you're positively shortening the odds that you'll be injured, and any bet you make against yourself is a poor one.

Minor scrapes and cuts on your hands happen every day. However, a little foresight will go along way toward avoiding these minor but annoying injuries. And if you do get a scrape or cut, make sure that it doesn't develop into anything serious. Keep it clean, dry, and if if need be, covered. At the first sign of any problem such as an infection, notify your supervisor.

It's advisable to keep your hands free of grease and oil. Slippery hands can get you into trouble, so if you get grease on them, clean them up right away.

A good thing to always keep in mind is that your hands are fearless. They'll go anyplace they are sent and they will act only as wisely as the person they belong to.

Next take a moment to discuss any specific safety concerns you may want the team to be aware of this week. End the meeting by having everyone sign the back of this sheet.