

# Daily Hand Safety Message

## HAND ERGONOMICS

### DAY #1 TOOL SELECTION GUIDE TIPS

Select a tool that is coated with soft material. Adding a sleeve to the tool handle pads the surface but also increased the diameter or the grip span of the handle.



For tasks requiring high force: Select a tool with a handle length longer than the widest part of your hand- usually 4 inches to 6 inches. Prevent contact pressure by making sure the end of the handle does not press on the nerves and blood vessels in the palm of your hand.



Select a tool that can be used with your dominant hand or with either hand



# Daily Hand Safety Message

## Focus on Safety: Hand Injuries

### DAY #2

The 27 bones that make up the wrist and hand are some of the hardest working and most complex in the human body. Think about how different the daily activities we all take for granted would be without them. Hands are the perfect tool for opening jars or typing emails. They're ideally suited to sealing a deal or saying hello. And hands are also the perfect instruments to help emphasize a point or express emotions.



## Watch both hands!!!

**MOST PEOPLE ARE RIGHT HANDED  
BUT YET THE SAME NUMBER OF INJURIES  
OCCUR TO THE LEFT HAND AS THE RIGHT**

So...

- WATCH WHERE BOTH YOUR HANDS ARE WHEN WORKING.
- Do not put your hands / fingers where you cannot see them
- Do not forget about your other hand when using a tool or carrying



# Types of Hand Protection



## GLOVES

- METAL MESH
- INSULATED
- LEAD-LINES
- RUBBER
- VINYL
- NEOPRENE
- CLOTH
- LEATHER



## HAND PADS



## THUMB GUARDS



## FOREARM CUFFS



## MITTENS



## BARRIER CREAMS



## FINGER TAPE



## WHEN CHOOSING THE TYPE OF PPE, CONSIDER...

- **Type of Job:** PPE should not interfere with job performance.
- **Hazards Involved:** unique hazards require special protection.
- **Proper Fit:** comfort & control are essential for good efficiency.
- **Proper Style:** PPE design should fit the job to be done.

## REMEMBER...

- Know The Hazards
- Follow The Rules & Procedures
- Use & Take Care of Your PPE
- REPORT ALL INJURIES & HAZARDS IMMEDIATELY





# Hand Safety Message

## #4 Stored Energy

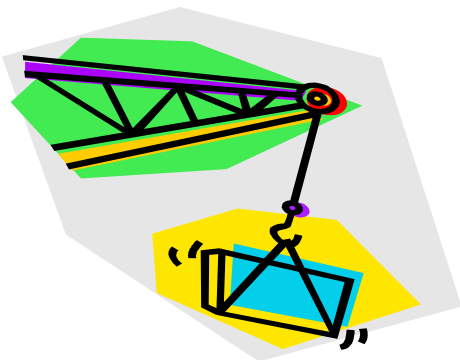
***You can't hear it! You can't see it!***  
***Hazardous stored energy stays silent and invisible until it's too late.***

### Injuries Involving Stored Energy

- Consider what we can do to protect our hands from injuries that are caused by stored energy
- When we refer to stored energy we mean “pent-up” energy, which could be released unexpectedly if not maintained under control.

### Stored Energy Includes:

- hydraulic fluids under pressure
- compressed air
- energy stored in compressed springs
- process chemicals under pressure
- potential energy from suspended objects
- arm energy e.g. when you push/pull a wrench



### Recognized Stored Energy Exists

- Always Consider Gravity
- Always Lock, Tag, Clear, & Try
- Bleed off or Block Cylinders (if applicable)
- Gloves Will Not Fully Protect & always make sure they are the right fit.
- Do Not Put Your Hands Under a Load
- When Applying Force Prepare for an Unexpected Slip



**Just Because You got TWO HANDS...**

**Doesn't mean one is a “SPARE”**







# Hand Safety Message

## *#5 Hand Placements*



**Don't take lightly, to these digits,  
Cut them off and you'll have midgets.  
Safety is the key, to what task you take,  
Think things through, to by-pass mistakes.  
Hands are to touch and to hold,  
To instruct and to scold.  
So remember this, when grasping life's worthwhile,  
As you embrace a family member or child.**

### **Take Responsibility for Your Hands!!!**



#### **Proper hand placement can prevent injuries.**

- ❖ Make sure you know where your hands are at all times.
- ❖ The less dominant hand is usually the one that gets injured because we focus more on the hand we are using.
- ❖ Never place your hands in the line of fire; such as between flanges, piping, under equipment that is being lowered, or between a hammer and its striking surface.
- ❖ Keep hands out of ropes, cables, chokers, and any rotating equipment such as belts, pulleys, gears and couplings.
- ❖ Never slide your hands down any types of railings, boards, cables, ropes, or beams. All of these items may have sharp objects that could puncture or cut your hands.



# **Hand Safety Message**

## **#6 The Value of Your Hands**

**Would you sell your Hands for \$1,000,000?**

**How about \$10,000,000?**

**Or \$100,000,000??**



**Speak a little louder I can't hear you...**

**Was that a NO???**

**Okay... Then work with me...**

**Starting TODAY at this moment, treat your hands like  
they are priceless...**

**Why???**

**Because they are "PRICELESS"**

**There are Things Money Can't Buy.**

**Ask yourself... What would football be without hands??? SOCCER...**

**THAN WHAT WOULD YOU DO...**

**SUNDAYS, MONDAY NIGHTS AND NOW THURSDAYS???**

**Protect your Hands for a Lifetime!!!**

**They are your Most Valuable Tools**







## Hand Safety Message

### *#7 Heat and Cold Burns*



**Burns to the hands can be caused by exhaust pipes, sparks, steam, hot pipes, hot liquids, welding and molten metals. Even extreme cold can cause burns. Your hands and fingers turn numb at minus 15°C, which can increase the risk of accidents.**

### **A Few Prevention Tips**

- Before hands become too cold, take time to warm them up.
- Use gloves appropriate for the job and temperature.
- Let hot surfaces cool before working on them.
- Insulate tool handles.

**Your Mind is the 1<sup>st</sup> Line of Defense  
Against Hand Injuries...**



Wyatt Field Service Company

**Einstein  
 $E = mc^2$**



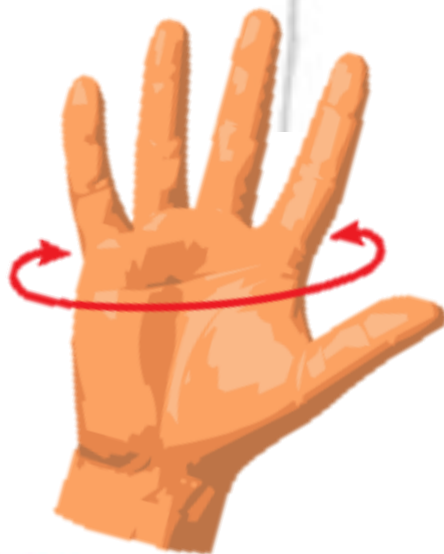
# Hand Safety Message

## #8 What's My Size?

Like all other items used for industrial protection, industrial safety work gloves have to be properly fitted to ensure maximum hand protection. This does not seem like rocket science, but many people use gloves that severely limit dexterity because the gloves are oversized and protrude far beyond the end of the actual fingers. This too can lead to potential hazards. Using machinery with oversized gloves can lead to a very dangerous and deadly situation. Try gloves on for size, test the gloves by making a fist; this should be comfortable and not overly restrictive. Realize that gloves will stretch out some.

## Measuring Your Size

MEN'S SIZES		
size	inch*	cm*
XS	7	18
S	7 1/2 - 8	20
M	8 1/2 - 9	23
L	9 1/2 - 10	25
XL	10 1/2 - 11	28
XXL	11 1/2 - 12	30

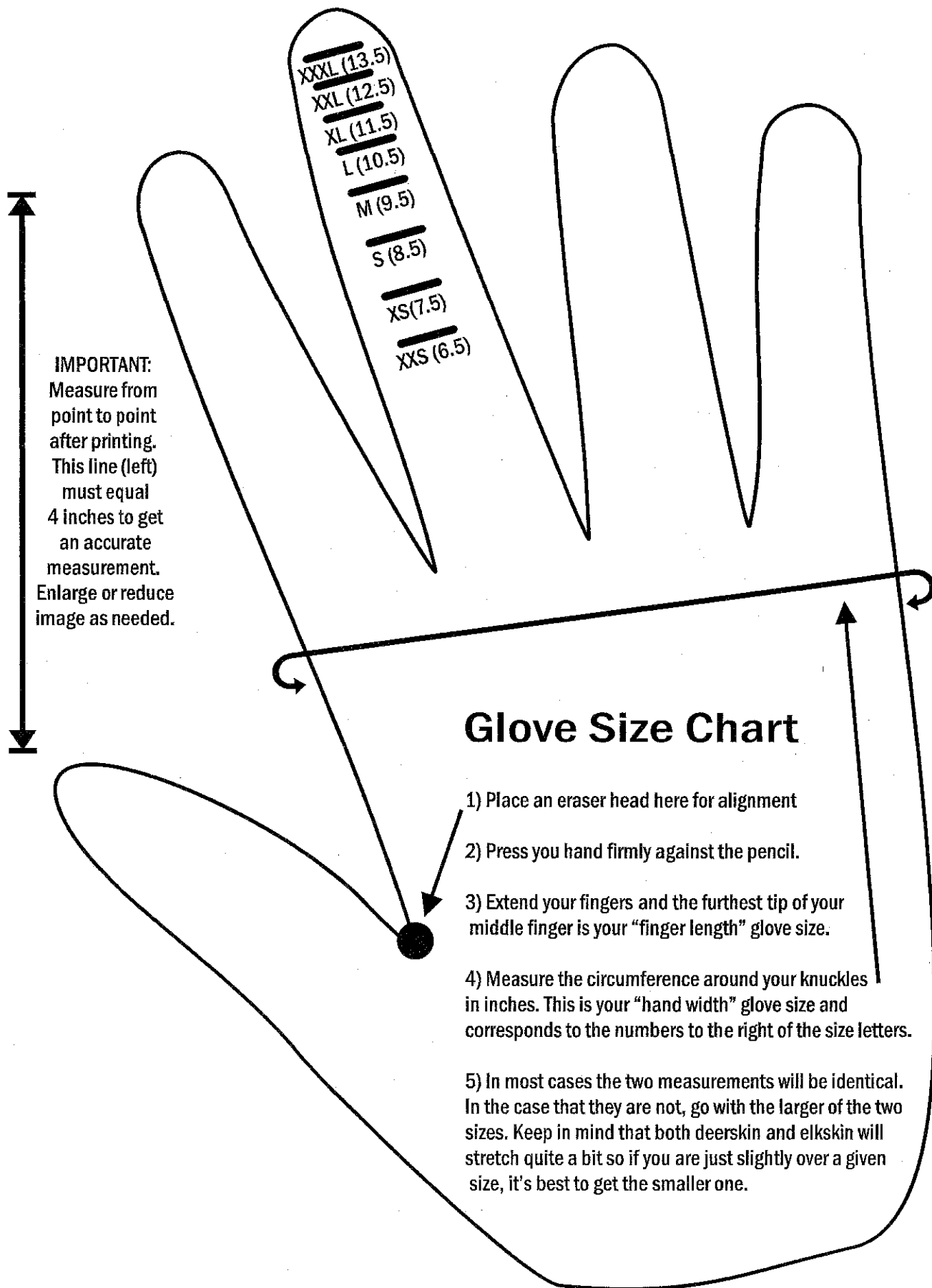


WOMEN'S SIZES		
size	inch*	cm*
XS	6	15
S	6 1/2	16 1/2
M	7	18
M/L	7 1/2	19
L	8	20
XL	8 1/2	23

**GLOVE CLIPS, GLOVE CLIPS, GLOVE CLIPS...  
USE THEM OR YOU'RE GONNA LOSE THEM!**







**IMPORTANT:**  
Measure from point to point  
after printing.  
This line (left)  
must equal  
4 inches to get  
an accurate  
measurement.  
Enlarge or reduce  
image as needed.

## Glove Size Chart

- 1) Place an eraser head here for alignment
- 2) Press you hand firmly against the pencil.
- 3) Extend your fingers and the furthest tip of your middle finger is your "finger length" glove size.
- 4) Measure the circumference around your knuckles in inches. This is your "hand width" glove size and corresponds to the numbers to the right of the size letters.
- 5) In most cases the two measurements will be identical. In the case that they are not, go with the larger of the two sizes. Keep in mind that both deerskin and elkskin will stretch quite a bit so if you are just slightly over a given size, it's best to get the smaller one.