



Hand Safety Message

#9 Importance of Your Hands

Human hands are unique. No other creature in the world has hands that can grasp, hold, move, and manipulate objects like human hands. They are one of your greatest assets. And, as such, must be protected and cared for at all times.

**SOME TOOLS ARE
IRREPLACEABLE**

YOUR HANDS HAVE NO FEAR. THEY'LL GO ANYPLACE THEY'RE SENT AND THEY ONLY ACT AS WISELY AS THE PERSON THEY BELONG TO; SO BEFORE YOU USE YOUR HANDS THINK OF THEIR SAFEKEEPING.





Hand Safety Message

#10 Hand Hygiene

Workers can wash away harmful substances and use the washing area to service and decontaminate personal protective equipment (PPE). This is especially important to workers using potentially harmful substances such as chemicals, paints, coatings, solvents, or other materials. Washing facilities on the jobsite allow workers to wash their hands and avoid cross-contamination before eating, drinking, smoking, and/or heading home for the day.

* Avoid washing your hands with solvents, harsh soaps, or abrasives

* Clean and bandage all cuts and abrasions

* Immediately remove any imbedded foreign materials

* Wash immediately after using any chemical – Even if you did not detect leakage

* When using work gloves, make sure your hands and the insides of the gloves are clean and dry before you put them on. (If your hands have any of the harsh materials on them when you put on gloves, you can make your skin problems worse.)

HOW TO WASH YOUR HANDS!

1. Remove rings or jewelry and have soap and paper towel ready.
2. Turn the water on and adjust to a comfortable temperature
3. Rinse your hands and apply soap. One squirt of soap dispenser is enough.
4. Rub the soap into your hand from the wrists down for 10-15 seconds; rubbing vigorously between fingers and under nails.
5. Rinse your hands and with running water and leave water running.
6. Pat your hands dry with paper towel.
7. Use paper towel to turn off the tap so that you do not contaminate your clean hands!





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#10 Dangers of Wearing Jewelry



While jewelry makes a fashion or personal statement for men and women, such adornments are best left at home when it's time to go to work on certain jobs.

Machinery - Jewelry can get caught in the moving parts of machinery. When this happens, necklaces, bracelets, watches and even rings can cause the loss of a limb or finger. Jewelry can also break off and damage equipment or it can become a potentially lethal projectile when coming out of a moving piece of machinery.



Electrical Work - All jewelry should be removed when you are working around live circuitry. Metal conducts electricity, and an electrical charge through a ring or metal watch band can be extremely hazardous. Severe burns can result.

Working around Heated Surfaces - Metal also conducts heat, which makes it a hazard to wear jewelry while working around anything hot, like when handling a welding torch. A ring can become superheated and severely burn the finger.

Chemicals - Jewelry can create several safety hazards for those working around chemicals. A spilled or splashed caustic chemical can get under a ring or watch, burning or irritating the skin. Also some chemicals can damage silver or gold jewelry.

So to protect your hands from injuries think through each job before you begin. Take a second to look down at your hands and remove your rings, watches or any other jewelry before you begin your job task.

"SAFETY NEVER STOPS"



STRUCK BY...

Hand Safety Message

#12 Line of Fire

Line of Fire refers to those workers who put themselves in harm's way by virtue of the type of work they do.



- **Heavy Equipment**
- **Machinery**
- **Hand & Power Tools**
- **Material Handling**
- **Mobile Equipment**
- **Excavations**
- **Unsafe Behaviors**

REMEMBER

- ✓ Correct Hand Placement
- ✓ Never remove machine safeguards or operate machinery with safeguards removed
- ✓ Anticipate the Tool you are using may slip
- ✓ Identify Hand Hazards
- ✓ Maintain a Safe Distance between Hands and the Hazards
- ✓ Use Defensive Body Position
- ✓ Avoid the Danger Zone



In conclusion, the best safety device for your hands is your mind. By being alert and aware, you can avoid poor positioning of your hands. Keep them out of the **Line of Fire**, and avoid injury to your most valuable tools – “YOUR HANDS”!

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The Line Of Fire

ENERGY RELEASED...

CAUGHT – IN...



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#13 Power Tool Safety

Basic Tool Safety Rules

- MAINTAIN REGULARLY
 - USE RIGHT TOOL FOR THE JOB
 - INSPECT BEFORE USE
 - OPERATE ACCORDING TO MANUFACTURERS' INSTRUCTIONS
 - USE THE RIGHT PERSONAL PROTECTIVE EQUIPMENT (PPE)
 - MUST BE FITTED WITH GUARDS AND SAFETY SWITCHES
- "EXTREMELY HAZARDOUS WHEN USED IMPROPERLY"



Switches

Hand-held power tools must be equipped with one of the following:

Constant pressure switch

Shuts off power upon release

Examples: circular saw, chain saw, grinder, hand-held power drill



On-Off Switch



Examples: routers, planers, laminate trimmers, shears, jig saws, nibblers, and scroll saws

Electric Cords

- Don't carry portable tools by the cord
- Don't use electric cords to hoist or lower tools
- Don't yank cord or hose to disconnect it
- Keep cords and hoses away from heat, oil, and sharp edges



Think
Safety!



Precautions



Disconnect tools when not in use, before servicing and cleaning, and when changing accessories

- Keep people not involved with the work away from the work
- Secure work with clamps or a vise, freeing both hands to operate the tool
- Don't hold the switch button while carrying a plugged-in tool
- Keep tools sharp and clean
- Consider what you wear – loose clothing and jewelry can get caught in moving parts
- Remove damaged electric tools & tag them: "Do Not USE"



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Hand Safety Message



#14 Tool Holders



Tools holders to keep your hands out of the Line of Fire!

- Holds wrenches, chisels, etc.
- Vibration-absorbing design
- Attach to broom handles and mops for better grip
- Eases awkward hand positioning



Keeps hands away from the point of contact and is ergonomically designed to match the shape of the human hand for a more comfortable and firmer grip. The vibration-absorbing handle permits faster, safer, more accurate work, allows easy adjustment to hold a variety of chisels and stakes up to 1" in diameter, and is economical and spark resistant.





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#15 Holiday Hand Safety; Turkey Carving

Nothing says "Thanksgiving" like football, family and the enticing aromas of turkey, stuffing, yams and pumpkin pie. No matter what's included in a Thanksgiving spread, one dish nobody anticipates is a hand injury.

Follow these easy tips and get your bird on the table in time so guests can start gobbling:

- ❖ Never cut towards yourself.
- ❖ While carving, your free hand should be placed opposite the side you are carving towards. Don't place your hand underneath the blade to catch the slice of meat.
- ❖ Keep your cutting area well-lit and dry, it will prevent ingredients from slipping while chopping.
- ❖ Keep your knife handles dry. A wet handle can prove slippery and cause your hand to slip.
- ❖ Keep all cutting utensils sharp. A sharp knife will never need to be forced to cut, chop, carve or slice.
 - ❖ Use an electric knife to ease the carving of the turkey or ham.
 - ❖ Use kitchen shears to tackle the job of cutting bones and joints.
 - ❖ Leave meat and pumpkin carving to the adults!!!
- ❖ Lastly, should you cut your finger or hand, bleeding from minor cuts will often stop on their own by applying direct pressure to the wound with a clean cloth.

Please keep these Hand Caution Carving Tips in mind this Holiday Season and don't let your turkey day celebrations go fowl this year because of a hand injury.