



Safety Is As Simple As **ABC**... Always Be Careful

HAND PROTECTION

Hand and finger injuries are among the most common injury types in industry. These injuries often result when workers handle materials. Chemical burns, cuts and abrasions, and splinters are common hand injuries. Using the right type of gloves can help to reduce your chances of suffering a hand/finger injury.

Here are some types of gloves that may be useful in the injury prevention effort:

- **For handling chemicals**, always consult the MSDS sheet for the chemical product to assure that you are using the correct glove. Just because the gloves appear to be rubber or plastic and seem to be "leak-proof," that does not mean that they will provide protection against the hazards associated with the chemical you are using. If you have any doubts, consult with your supervisor.
- **For handling metal and wood where splinters or sharp edges may be present**, leather or Kevlar gloves are often used. These gloves are cut resistant and come in a variety of sizes and styles.
- **For light material handling and to protect against cold temperatures**, cotton gloves may be suitable.

Consult with your supervisor to assure that you have the type of glove that is best suited to provide protection from the hazards at your job location.

Protect Your Hands

1. Avoid pinch points - these are areas where your hands can become trapped or mashed between two objects. Examples of pinch points include the operation point of a metal press and an area where a sprocket and chain come together.
2. Wear gloves that are approved by your supervisor for the type of work that you do. Gloves can protect your hands from cuts and splinters and can also prevent burns and chemical injuries.
3. Never work around moving machines while the guards are removed. This exposes your hands to pinch points (see point number 1).
4. Before lifting or handling any object, make sure to look for splinters, sharp edges, or anything that could injure your hands. Also make sure that you have the proper hand clearance when setting down loads or carrying loads through doors.
5. Always wash your hands after you are exposed to chemicals. Many chemicals will cause your hands to become dry and irritated. Using lotion on your hands may also be helpful in replacing the natural oils that are lost from handling lubricants and solvents (i.e. machine oils and part cleaning fluids).