



Subject: Protection

Tool Box Talk No.: 012

Hands and fingers are injured more often than other parts of the body.

Hands and fingers are vulnerable to crush and cut type injuries as well as exposure to harmful materials used at work and exposure to vibration and repetitive strain injuries.

Injuries to hands and fingers can be caused by one or more of the following:-

- Rotating / moving machinery and equipment such as saws, cutting wheels, drills etc
- Incorrect use of tools such as hammers, saws, pliers etc.

Tools and equipment must be maintained. Defective equipment such as cold chisels with mushroom shaped ends must be replaced / repaired. In-running nip points such as chain and sprocket transmission must be guarded.

Skin allergies such as dermatitis due to handling harmful materials such as oils and paints can be avoided by wearing suitable gloves if necessary. Wash and dry hands to remove any substances from the skin.

Exposure to vibration can be reduced by rotating work activities, sharing / reducing working times with vibratory equipment, organising work to include breaks, wear anti vibration gloves.

REMEMBER: YOUR HANDS ARE NOT REPLACEABLE - TAKE CARE OF THEM.

