

PLAYING IT SAFE

# CONSTRUCTION

## How to Protect Hands, Wrists and Fingers

*Helpful tips for reducing your risk of injury at work*

According to the Center for Construction Research and Training (CPWR), fingers and hands are the most injured body parts among construction workers, accounting for a third of all emergency room visits. An occupational injury causes initial pain and can require weeks or months of rehabilitation.

### Hazards

Throughout the day, your hands come in contact with a multitude of hazards, including the following:

- Cutting tools operating at high speeds
- Heavy, fast moving machinery
- Extreme temperatures
- Pinch points
- Equipment without machine guards
- Wearing clothing that can get caught in a machine
- Corrosive chemicals

### Precautions

To avoid suffering from a hand, wrist or finger injury, you must learn how to recognize potential hazards and then take the proper steps to avoid them. Take the following precautions:

- Develop a “safety first” attitude and take time to familiarize yourself with

the hazards in your working environment. Become familiar with all equipment and know what others are doing around you.

- Concentrate on the task at hand, and avoid distractions.
- Use common sense and remain alert for unexpected problems.

### Personal Protective Equipment

Consider the following types of personal protective equipment (PPE):

- Gloves long enough to cover your wrists and fit correctly. Gloves that are too big can get caught in machinery, and gloves that are too small wear out easily.
- Leather gloves to provide protection from bruises, cuts and minor burns. Cut-resistant gloves to offer shielding from sharp-edged tools. Heat-resistant gloves to offer protection against burns. Rubber, vinyl or neoprene gloves to shield hands from corrosive materials.
- Barrier creams applied to the skin to provide an invisible protective coating against minor irritations.
- Guards or hand pads to protect against heat and abrasive materials.
- Finger guards to protect against pinch hazards.

Be safe and healthy on the job at work with these helpful tips provided by **Cool Insuring Agency, Inc.**

According to the National Safety Council, 70 percent of workers who suffered hand injuries were not wearing gloves.

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