



HAND PROTECTION

Hands and fingers are injured more often than any other part of the body. This is because of two reasons:

1. Hands and fingers are required for most work activities.
2. 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.

Examples:

- Severed fingers or hands due to rotating machines such as saws and cutting wheels. Advice: ensure guards are in place and operating.
- Crush injuries due to incorrect use of tools such as hammers. Contact with in-running nip points on machinery. Advice: tools and equipment must be maintained.
- Skin allergies such as dermatitis due to handling harmful materials such as mould oil. Advice: avoid skin contact. Wear suitable gloves if necessary. Wash and dry hands to remove any substances from the skin.
- Exposure to vibration. Advice: avoid manual processes, if possible, organise work to include breaks reduce exposure time, share workload, and wear anti-vibration gloves.
- Exposure to repetitive work. Advice: avoid manual processes, if possible, organise workstations to minimise strain, allow for breaks, plan workload, and share work activities.

**REMEMBER YOUR HANDS ARE NOT REPLACEABLE-
TAKE CARE OF THEM!**