

HAND SAFETY



This education program provides a guideline for creating a safe work environment. It is intended to give contractors and workers practical information relating to hand safety.

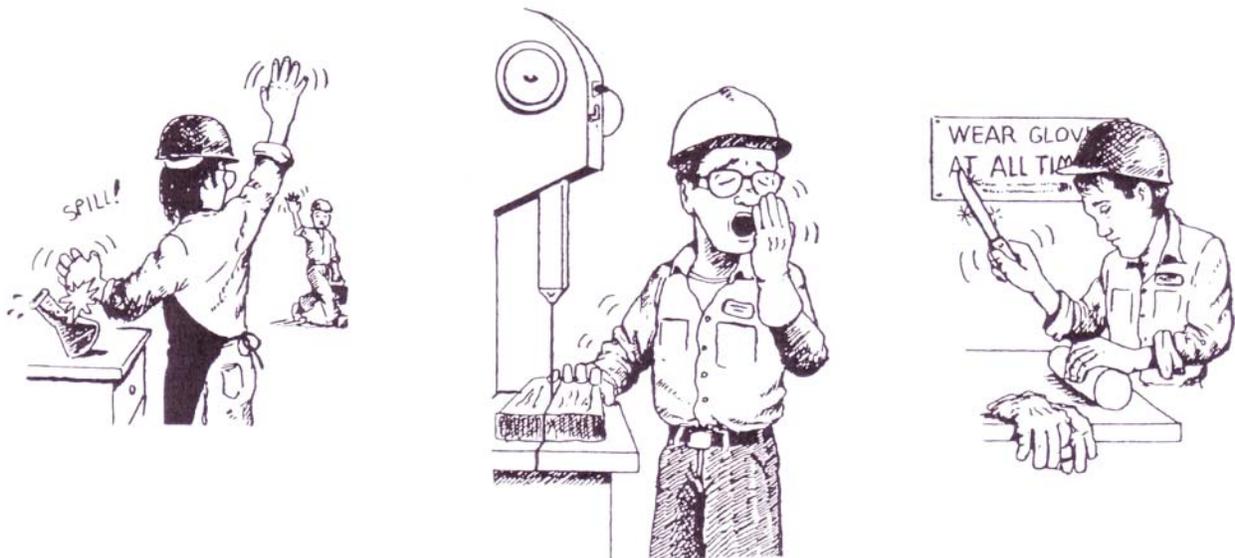
This education program contains general information. For specific regulatory requirements, please consult the appropriate regulation(s) adopted under the Workplace Safety and Health Act and the Canadian Safety Association Standards (CSA)



Your hands allow you perform a variety of tasks that make you a skilled and valuable worker. Without the use of your hands, you **WOULD NOT** be able to be employed in construction. Just imagine the difficulty of life itself - you **WOULD NOT** even be able to dress yourself, open a door or even pick up a fork to eat. What would it be like?

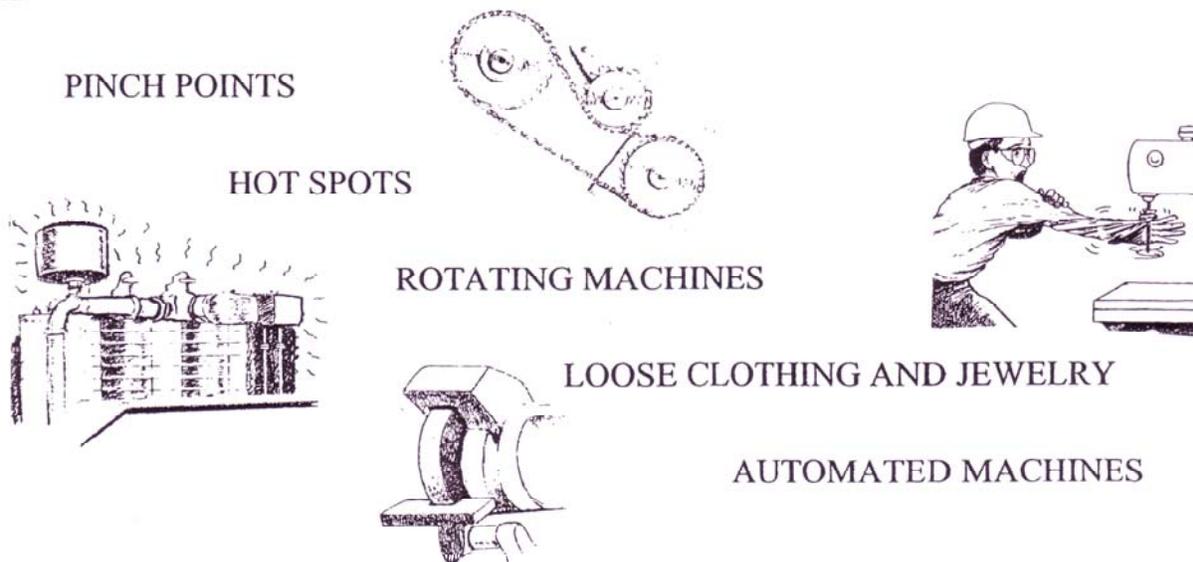


Your hands are an incredibly complex and delicate part of your body that are very difficult or near impossible to repair. As important as your hands are to you, most people are careless in regard to hand safety. Faulty tools or broken equipment may be hazardous, but most often it is lack of attention or human error that is the cause of hand injuries.



Hand injuries consistently account for a large percentage of construction related injuries.

The first step to hand safety and preventing hand injuries is AWARENESS. To recognize the hazards and dangers involved in your job so as you can avoid or control them. The following is a list of some common hazards that you should be aware of:



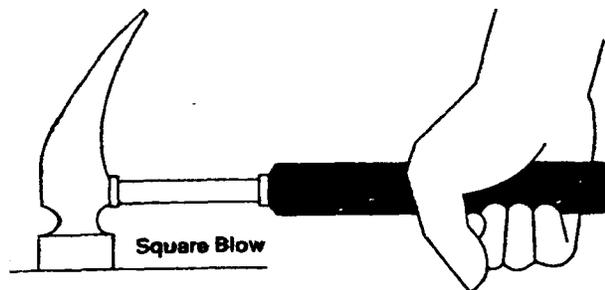
Always remember to be alert and extra cautious when working with or in the area of these types of hazards. The following are suggested guides to prevent injury to your hands:

- * Be rested, Stay Alert!
- * Know the area you will be working in and the correct operating instructions for the tools or machines you will be using.
- * Inspect the tools or machine prior to using for faults and to ensure that machine guards are in place and working properly.
- * Use push sticks, pliers, poles etc,----Never put hands into the Danger Zone.
- * Ensure power is off and locked out prior to any repair work.
- * Follow all safe work practices / safe work procedures and use the appropriate personal protective equipment.

The following are suggested safe work practices to use when working with these common hand tools found in construction:

Hand Tools

- Inspect your tools prior to using them, to ensure they are not faulty in any way and that they are the right tool for the job. Root causes for serious hand injuries often are the result of using the wrong tool for the job or using the right tool in the wrong way.

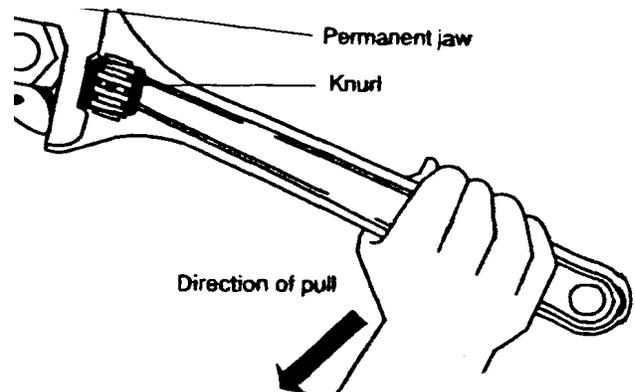


Hammers

- Grip handle tightly with your wrist straight
- Hammer should be 1 inch larger than the face of the object or tool being struck.
- Watch object you are hitting and strike it with a square blow.

Wrenches

- Use boxed end wrenches when ever possible
- Always pull wrench toward you - never push it
- Turn wrench so the pressure is against the permanent jaw if using open-end wrench
- Never strike a wrench to gain more force

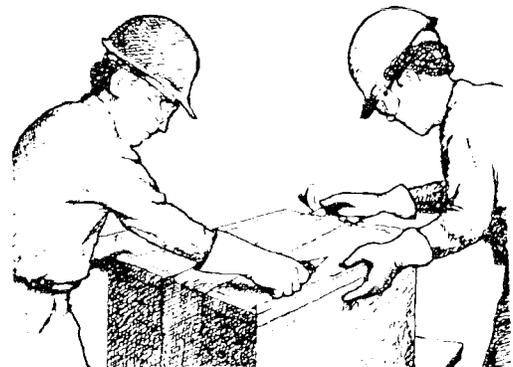


Screwdrivers

- Use a vise, or ensure object you're working on is secure or on a flat surface
- Never hold object in your hand
- Use insulated end screwdrivers

Knives

- Keep blade sharp
- Cut away from your body
- Use retractable knives whenever possible and close when not in use
- Ensure you have lots of room when using a knife
- Never work on the same piece of material with another worker using a knife



Personal Protective Equipment

The use of personal protective equipment for your hands include a variety of gloves, barrier creams, hand pads or leathers, finger guards, arm protectors, sleeves etc. Through your initial awareness of potential hazards and safe work procedures, you should be able to choose which PPE is best suited for the situation.

The following are some useful guides to selecting appropriate PPE for your hands:

- * PPE must protect against the hazards of the particular job
- * Do not wear gloves around the danger zone of tools or machines
- * The glove should fit snug to your hand

Glove type/material

Hazard Protection

Neoprene, rubber or vinyl

Most chemicals

Heavy leather

Welding, rough surfaces

Nylon, rayon, wool, glass

Heat

Gloves with rough finish

Handling of slippery material

Cotton and terry cloth

Abrasions, cuts

Lead-lined

Radiation

Metal mesh

Knife blades, other sharp instruments

Insulated material, often rubber worn under leather gloves

Electric shock, burns, vibration

SELF - TEST REVIEW

1. Your hands make you a _____ and _____ worker.
2. Your hands are an incredible _____ and delicate part of your body that are very _____ or near impossible to repair.
3. The first step to hand safety and prevention is _____.
4. Root causes for serious hand injuries often are the result of using the _____ tool for the job or using the right tool in the _____ way.
5. The following are examples of common hazards that may result in hand injuries that you should be aware of:

True	False	Pinch Points
True	False	Loose Footwear
True	False	Hot Spots
True	False	Automated Vending Machines
True	False	Rotating Machines

6. The following are suggested guidelines to prevent injury to your hands:

True	False	Be rested, Stay Alert!
True	False	Know the operating instructions
True	False	Check faulty operation and guards during use of tools
True	False	Hands may enter the Danger Zone if gloves are used

7. True False The number one cause of hand injuries is faulty equipment.
8. True False When using a knife, cut away from the body.
9. True False You should not operate a machine that has the machine guards removed.
10. True False You should always use an open-end wrench instead of a boxed end wrench.
11. True False PPE must protect against the hazard of the particular job.