



Safety Message of the Day for IMEA Members



Hand Safety and Injury Prevention Safety Message

We use our hands for virtually every task we do at work and because of this fact, they are commonly injured on the job. Keeping our hands and fingers out of harm's way at work is critical. A serious injury to an individual's hands or fingers results in a huge negative impact on their ability to work and overall quality of life. While gloves are the most common form of PPE found in the workplace, hand injuries are still the second leading type of injury on the job.

Hand Injury Statistics

(source: www.bls.gov)

- * There are 110,000 lost time cases due to hand injuries annually.
- * 1 million workers are treated in an ER for hand injuries annually.
- * 70% of workers who experienced a hand injury were not wearing gloves.
- * Another 30% of victims had gloves on, but they were damaged or inadequate for the work task.

Three Most Common Types of Hand Injuries

1. Lacerations
2. Crush injuries
3. Fractures

Safe Work Practices

- * Use tools to remove your hands from the line of fire when doing a work task that could result in injury to your hands or fingers.
- * Avoid using fixed open blade knives. There are safety knives that limit the length of the blade exposed. They also have a safety feature that retracts the blade when pressure is let off the handle or switch that controls the blade.
- * Never put your hand in an area where you cannot see it.
- * Always wear the proper gloves for whatever work task you are doing. Understand the limitations of your gloves and what work tasks they are appropriate for.