



## **YOUR HANDS ARE YOUR MOST IMPORTANT TOOL!**

Hands are the most frequently injured body part – usually from cuts or crushing injuries. It's important to make sure you are protecting your hands with anything you do.

### **WEAR THE RIGHT GLOVES FOR THE JOB**

- PPE only works when its worn and worn right. Make sure you have your gloves on at all times.
- Choose the right glove for the job.
- Protect against the hazards of your work – cuts, heat, impact, chemicals, puncture and scrapes can injure your hands.
- Sometimes the minimum is not enough. Use higher levels of protection for higher levels of hazard – especially with sharp edges.
- When welding or working with chemicals or wet concrete, use gloves that are meant to protect against those hazards

### **WATCH WHERE YOU PUT YOUR HANDS**

- Keep hands away from crush points – places where rotating, swinging or other moving parts can trap and crush your hands or fingers
- Stay out of the line of fire – keep clear of areas where items can drop, where equipment is moving or where pressure can be released and hit you

### **USE TOOLS THE RIGHT WAY**

- Use tools for what the manufacturer designed them for. Using tools for the wrong purpose can damage the tool and cause injury.
- Use tools the way the manufacturer designed them to be used. Make sure that any guards or handles are in place while the tool is being used.
- Make sure to use knives with automatic self-retracting blades. When the cut is done, the blade snaps back into protection to keep from cutting yourself.

**HAND SAFETY IF YOU SEE SOMEONE DOING SOMETHING THAT COULD GET THEM HURT, SAY SOMETHING! WATCH OUT FOR EACH OTHER AND SPEAK UP FOR SAFETY!**