



Pinch Points Safety Talk

It is up to you as the worker to know how to keep yourself and others safe while you are working. In construction jobsites, there are safety issues and hazards present everywhere. Some of those hazards include pinch points and hand injuries.

Hand injuries are the second leading type of injury on the jobsite in the United States. This is mostly due to the fact that we use our hands for virtually all work tasks, and they are constantly in the line of fire. Crushed-by accidents are a common cause of injuries that can occur to the fingers and the hands on a jobsite. Pinch points are a hazard that can lead to crushed-by injuries.

What is a pinch point?

A pinch point occurs when two objects come together, posing the risk of injury to a hand or finger or even a person that gets caught between them. Pinch points injuries are most commonly hand injuries, but they can impact any part of the body if you are not careful.

A crush injury occurs when a body part is put under pressure by another object. They often happen when a part of the body is squeezed between two heavy objects. Pinch points are a common hazard that leads to crush injuries.

Pinch point injuries

An injury from a pinch point can be simple and minor or more complex and life-threatening. Some minor pinch point injuries include blisters and contusions, while more complex and severe injuries include amputation and even death. Other examples of pinch point injuries include bruising, cuts, sprains, lacerations, and crushing of the hand or finger.

If you sustain a pinch point injury, you should report your injury to the foreman or supervisor immediately. If necessary, you should seek medical treatment for your injury. You can also call 911 or have a coworker do it for you if it's an emergency. With many injuries, a quick response is needed for a proper diagnosis and treatment plan.

Examples of pinch point hazards



Pinch point hazards are not always easily identified on a construction site. You must be aware of everything that could potentially make you at risk of an injury. Some common places on a jobsite for pinch point injuries can include:

- A pair of pliers
- Excavators
- Concrete blocks
- Unsecured materials
- Chains and pipes
- Machinery
- Truck doors

These are only some examples of potential pinch point hazards on a job site. Pinch point hazards are everywhere, though. There is a hazard for a pinch point anywhere that a piece of equipment is transmitting energy. Should you have any questions about pinch point hazards, notify your foreman.

How to prevent pinch point injuries

There are a few tips and safety controls you can practice avoiding pinch point hazards and injuries. These include, but are not limited to:

- Avoid shortcuts.
- Inspect machines and guards often.
- Follow all lockout/tag-out procedures.
- Pay attention to where your hands are around any moving parts or parts that have the potential to move.
- Do not place your hands where you cannot see them.
- Wear the proper gloves and PPE for jobs where you could get injured.
- Properly block any equipment or parts where stored energy can be released.
- Communicate with your coworkers when working with materials that could cause a hazard.
- Make sure you are properly trained before operating and maintaining equipment.
- Never walk away from a machine that is turned on or coasting.
- Keep floors clean and free of debris to prevent falls and injuries.

These are not the only tips and safety procedures you can follow to ensure your safety on a job site, just some to make you aware of the hazards around you. As always should you have any questions about the rules and tips you should ask your foreman for clarification.

Pinch point safety is everyone's responsibility



You can follow all the recommended safety procedures, rules, and tips every day while on the jobsite, and injuries will unfortunately still happen. Hazards in the workplace will be there regardless, and it is impossible to list every hazard and every potential way to protect yourself and your coworkers. The best protection from pinch point hazards and other hazards come not just from procedures, but from everyone paying attention and keeping every worker and visitor to a job site aware of potential hazards. This can be achieved by:

- Reviewing the dangers of pinch points and the procedures for working safely on a regular basis with your coworkers and supervisors.
- Making sure inspections are performed frequently to ensure that guards are being used and are not missing from equipment. Follow the correct procedures and if guards are not in place, let a supervisor know.
- Identifying and reporting any hazards you may see so they can be resolved, hopefully preventing the chance of injury.

Remember that safety is the responsibility of everyone on the jobsite. From visitors and workers to contractors and supervisors, everyone must work together to stay safe.

Pinch point hazards are not always obvious on a job site. The obvious ones, like a moving piece of machinery or a conveyor belt, are not normally the ones workers get injured. Simple tasks like shutting a truck door or using a pair of pliers can cause a pinch point injury if someone is not paying attention to what they are doing.

That is why it is important to pay attention to where your hands are at all times and pay attention to everything around you. It is also essential to always monitor things and not get complacent with your job and tasks. All workers must understand pinch point hazards and know how they can be prevented. Evaluate your tasks and your work areas every day, and before you start a new project for any of these types of hazards. Let a supervisor know if you see anything that could cause an injury.