

# Hand Safety

## 10 Rules to Preserve 10 Fingers

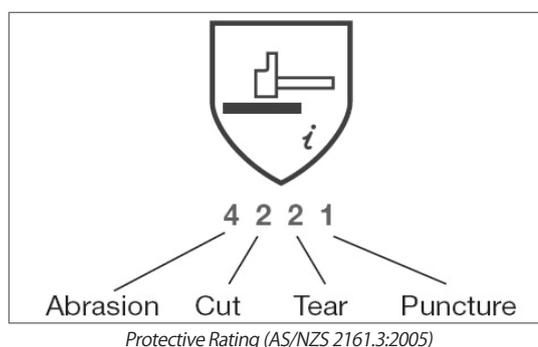
YOURSAFETY@IRP - TOOLBOX DISCUSSION

- 1 Beware of pinch points and moving parts:** Train yourself to recognise pinch points and avoid placing your hands and fingers in such hazardous spots – look for warning signs. When using a cutting tool/implement, keep your free hand away from the line of the cut.
- 2 Expect the unexpected:** When using wrenches and other hand tools, with which you expect resistance, anticipate that the tool might slip or the object to which pressure is being applied may suddenly give way.
- 3 Inspect tools before use:** Prior to each use, check to ensure they are in good condition and safe to use, i.e. Are your drill bits sharp, are all hand tools free of damage, well maintained & in good working order?
- 4 Do not work on moving equipment:** Working on moving equipment presents a real threat to hands and fingers. Be mindful of equipment that starts automatically. Never work on such equipment without first eliminating the possibility of automatic start-up. De-energise electrical equipment prior to working on it. Turn off the isolation switch and use a tag out/lock out system to isolate the equipment before work is started.
- 5 Replace machine guards following repairs that require their removal:** The presence of machine guards is an important factor in keeping hands and fingers out of dangerous areas. Never use any machine without the guarding in place and never remove or modify guarding unless you are authorised to do so.
- 6 Use the right tool for the job:** Only use tools and equipment for the task they were designed to perform
- 7 Never modify or adjust equipment:** Unless you are qualified to do so and can complete to manufacturers specifications.
- 8 Avoid touching lines or equipment that is hot:** Every hot line or hot piece of equipment is a potential source of a painful injury to any hand or finger that comes in contact with it.

**Your hands are your livelihood  
Take extra care to protect them!**

- 9 If the work being performed requires gloves, you MUST use them:** Gloves offer protection from sharp objects, wood and metal splinters, acids, electrical burns, chemicals, and many other sources of injury. Check that the protection rating of your gloves is appropriate for the task you are performing.

The *Protective Rating* is located on the back of the glove. Performances in these areas are generally measured on a scale of 1 to 4 for abrasion, tear & puncture, and 1 to 5 for cut, using standard testing methods. Generally speaking, the higher the rating, the better the glove performs.



- 10 Hands and fingers often get injured as result of poor manual handling practices:** Typical examples include when loads are unstable, shift or fall resulting in crushed fingers or when loads are too heavy. The most important step is to plan the activity before you start doing it.

Wrist injuries can occur when you over stress the muscles by using the wrist in the wrong position. Always try to keep the wrist in a neutral position or power position as shown below.

**Talk to your site supervisor and your IRP consultant if you have any questions about Hand Safety or your sites safety procedures – Tel. 9477 7999**