

Keep Your Hands Safe

Hands are the most used and most versatile tool in the workplace, and are also the most frequently injured body part on the job. Think of all the ways you use your hands and how valuable they are to you. Many sudden and devastating injuries could be prevented by wearing the proper hand protection for your job.

Gloves

Gloves are perhaps the most commonly used type of hand protection. They protect your entire hand and sometimes your wrists and forearms. Be sure to use the gloves that are right for your job. Gloves made of the wrong material could injure you or even dissolve when they come in contact with certain substances.



- ▶ Fabric gloves are used for mild heat and cold.
- ▶ Wear rubber gloves with insulated liners for electrical work.
- ▶ Gloves for working around electrical hazards are color-coded for their resistance to different types of voltage.
- ▶ Gloves for chemicals or corrosives are made of rubber, neoprene or vinyl.
- ▶ Use leather gloves for work with sparks, rough and abrasive materials, scraping and extreme heat.
- ▶ Wear metal mesh or Kevlar gloves when working with saws and sharp edges.
- ▶ Wear flame-retardant gloves around open flames.
- ▶ Use reflective gloves, such as aluminized gloves, for intense, radiant heat.
- ▶ Only wear gloves that fit your hands. Gloves that are too small can pinch and tire your hands, and gloves that are too large are clumsy to work with.
- ▶ Avoid wearing gloves around moving equipment or machinery parts.

Chemical Gloves

- ▶ Inspect them carefully before each use.
- ▶ Avoid using them if they're torn, cracked or swollen from exposure to solvents.
- ▶ Rinse them before taking them off.
- ▶ Clean them before putting them away, so chemical residue doesn't build up on them.
- ▶ Store them away from light, with the cuff unfolded to allow vapors to escape more easily.
- ▶ Wash your hands thoroughly after wear.

Other Hand Protection

- ✓ hand pads
- ✓ mitts
- ✓ finger guards
- ✓ forearm protectors
- ✓ barrier creams
- ✓ anti-vibration gloves

TAKE CARE OF YOUR HANDS

- ▶ Avoid injuries by being alert to potential hand hazards before accidents happen.
- ▶ Use the correct personal protective equipment for the job.
- ▶ Check all of the safety guards on your equipment.
- ▶ Always use push sticks and shields when you're supposed to.
- ▶ Use brushes, not your hands, to wipe away debris.
- ▶ Never use your hands to do a task that was meant to be done with a tool.
- ▶ Use lockout/tagout procedures before cleaning or repairing any machinery and keep your equipment in good working order.
- ▶ Store heavy materials properly so they can't fall on your hands.
- ▶ Avoid wearing jewelry and loose sleeves.
- ▶ Use tools and positions that keep your wrists straight.
- ▶ Rest your hands every 15 minutes, shaking them out and stretching your fingers.
- ▶ Alternate tasks, if possible, to avoid repetitive stress injuries.
- ▶ Avoid exposure to chemicals and extreme heat and cold which can damage your skin.
- ▶ Keep a first aid kit available to treat cuts, scratches and bruises.