

# Watch Out for Pinch Points

Every year, workers are seriously injured when their hands, arms or feet get caught in pinch points, such as between rollers, presses, cutters, gears and belts. Any moving part has the potential to injure you. Pinch point accidents are typically the result of carelessness or inattention and can be prevented.

## How It Happens

Large or small moving parts have the potential to catch and mangle fingers, hands and feet. Injuries occur when workers reach into machines or when moving parts catch clothing, jewelry or hair. These accidents can happen easily if a worker is distracted, inattentive, under stress, working too quickly, or is improperly trained or acting foolish. Forty percent of workers caught in moving equipment are experienced and familiar with the equipment, but believe they can safely reach into the machine.



## Don't Get Caught

- Follow all instructions for machinery and tool use.
- If you're unfamiliar with a machine, insist on proper training before using it.
- Avoid wearing gloves, loose sleeves or cuffs, or rings, watches and other jewelry when you work with machinery. They can get caught and pull your hand into danger.
- Use a push stick—never your hands—to feed materials into moving machinery.
- Keep hands away from moving machine parts or pinch points.
- When stacking materials, keep your fingers on the sides, not the bottom, of the stack.
- Before any repair work is done on a machine, make sure an authorized person locks it out and disconnects the power. Power should only be restored after proper restart procedures are followed.