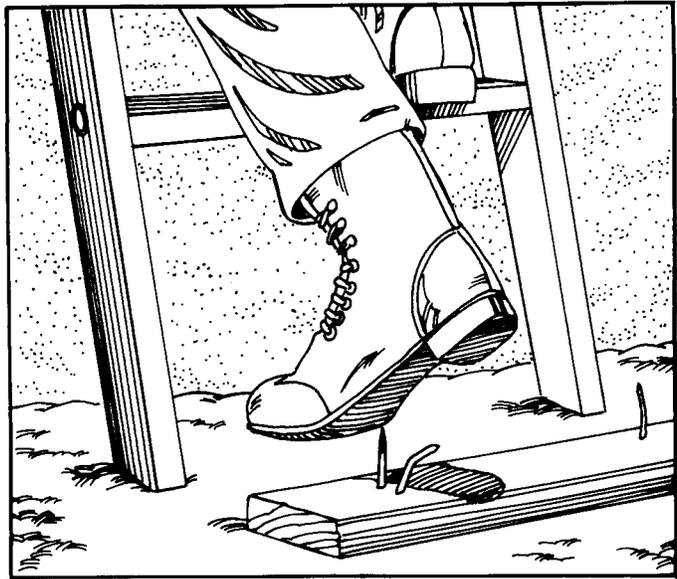


Beware of Puncture Wounds

It's important to protect your hands and feet from the possibility of a puncture wound from a sharp object. Sharp objects such as nails and staples can cause serious injury if stepped on. There are two things you should know about puncture wounds: how to prevent them and what to do if you get one.

PUNCTURE WOUND PREVENTION

- **Remove nails from wood immediately when braces, guards, rails, forms and such are dismantled.**
- **Carefully move scrap lumber that may contain nails to a scrap heap away from pathways in your work area.**
- **Watch out for nails on the ground. They often land point up in mud, weeds, debris or on bare ground if they have wide heads.**
- **Keep your work area clear of dust and other things that might hide nails, so you can spot them more easily.**
- **Be especially careful about areas at the base of ladders or other places where you or others might step backward.**
- **Be extra careful using power tools that drive nails, staples or punches, and follow recommended precautions when using them.**
- **Wear appropriate footwear with sturdy soles.**



PUNCTURE WOUND TREATMENT

Always treat a puncture wound with special care, even if it doesn't seem to hurt very much. The point of a sharp object carries bacteria deep into your flesh where antiseptics can't reach. The surface wound may heal while an infection is developing underneath the skin.

Clean the wound with soap and water, report it and keep an eye on it. If the wound doesn't seem to be healing, or if there's reddening, swelling or increased pain, you may be developing an infection and you must see a doctor. If you work around sharp objects, have a tetanus booster shot every five to 10 years to prevent serious complications from puncture wounds.