

Hand and Finger Safety

September Vivid Courses:

All: Catch Up Month

As of July of 2018, almost one third (29%) of the “recordable” injuries campus wide were injuries to the fingers and hands.

Each year in the US over **16 million** people suffer hand injuries; over **250,000** of those are serious and disabling. The hand is one of the most complex parts of your body - the movement of the tendons, bones, tissues and nerves allows you to grip and do a wide variety of complex jobs.



Amputations, crushing injuries, needle sticks and the like occur as people touch moving or rotating parts on equipment and tools. Failure to use guards, kill-switches, or to follow appropriate lock-out procedures are among the leading hand hazards.

Some hand injuries occur because people don't know they were near the hazard. If you are **RIGHT** handed you need to pay particular notice of the position of your **LEFT** hand. We are accustomed to using one hand for many tasks and we “lose track” of the position of the less dominant hand.

Without your hands it would be extremely difficult to do routine simple tasks, such as opening doors, using a fork, or tying your shoes. Tuck your thumb into your palm and imagine trying to tie your shoes. It would be extremely difficult.

One quarter of all industrial injuries involve the hand, wrist and fingers. Typical injuries include:

- Puncture wounds
- Lacerations
- Broken fingers
- Contusions
- Thermal Burns
- Chemical Burns



These injuries occur when:

- Cutting or using a sharp tool
- Using hand tools
- Reaching into moving parts
- Working with chemicals
- Touching something hazardous (electrical or thermal)

Hand and Finger Safety Tips

- If you have a tool in your hand, powered or non-powered; you should have appropriate gloves for the task
- Do not use your hand as a brush or a broom
- Never place your hand between two moving surfaces



- Keep hands clear of moving parts of machinery or equipment

- Make sure your Non-Dominant hand is not **“In the Line of Fire”**

Source: <http://safetytoolboxtopics.com/>