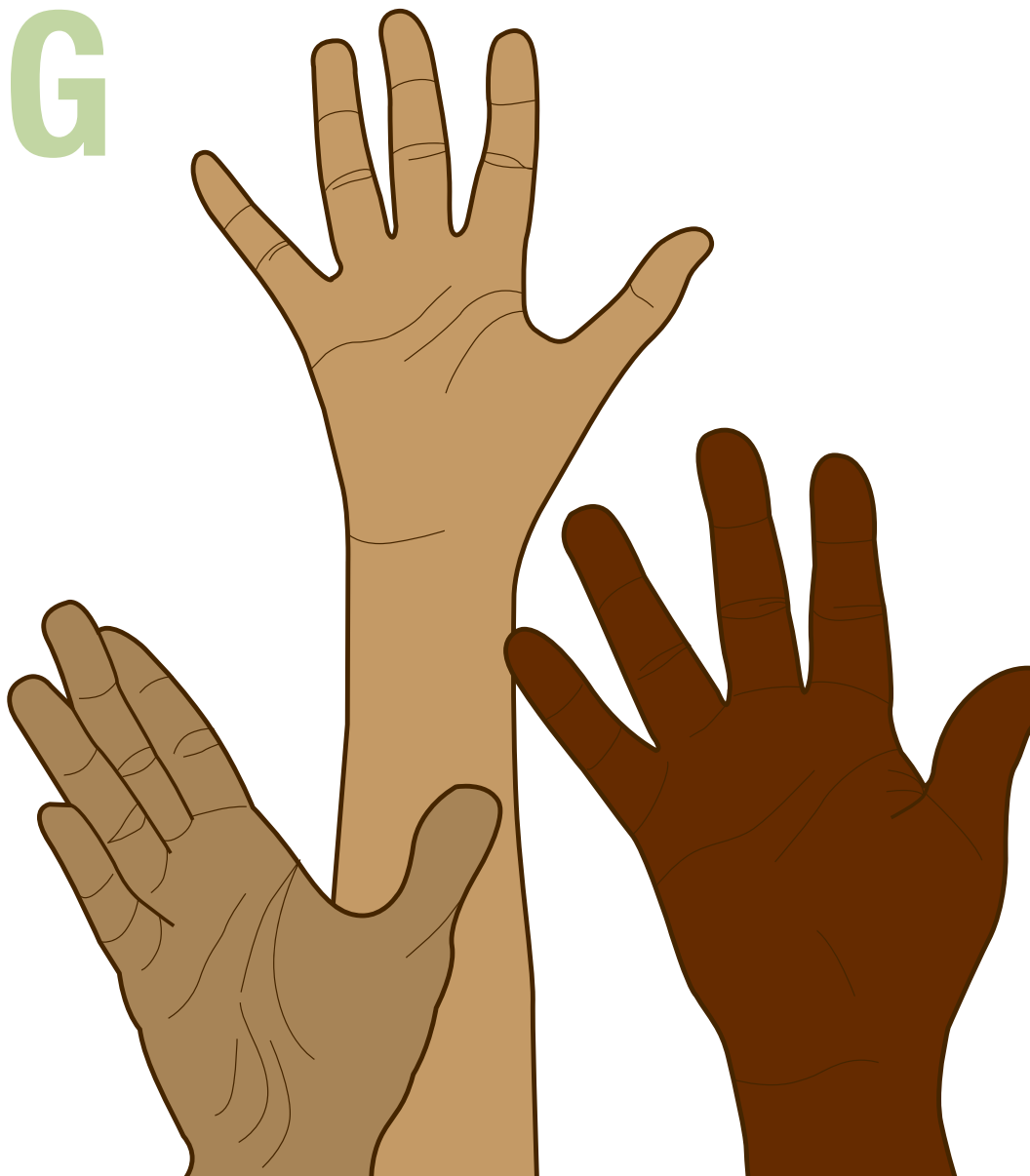


# PREVENTING HAND INJURIES

By recognizing hazards, using personal protective equipment, and following established safety rules and procedures, you can protect your hands from injury and yourself from an unnecessary disability.



## GUIDELINES

1. Be alert to potential hazards.
2. Be alert to possible unguarded pinch points.
3. Always use a push-stick, guards, shields, and other protective devices when appropriate. Do not remove guards.
4. Use brushes to wipe away debris.
5. Inspect equipment and machinery before and after tasks to make sure that they are in good condition.
6. Disconnect power and follow established lockout procedures before repairing or cleaning machinery.
7. Never wear gloves, jewelry, or loose clothing when working with moving machinery parts.
8. Use the appropriate personal protective equipment—gloves, guards, forearm cuffs, barrier creams—for the specific task you are performing.
9. When wearing gloves, be sure they fit properly and are rated for the specific task you are performing.
10. Select tools designed to keep wrists straight to help avoid repetitive motion/overuse problems.

*Information provided by Arnot Ogden Medical Center*