

ENSURING HAND SAFETY

A hands-on approach to preventing injuries

At Cajun, hand injuries account for nearly 25% of all accidents.

Hand protection is crucial for employee safety and wellbeing. Preventing these injuries helps maintain a high quality of life on and off the job.

Common hand hazards are listed below:

- **Pinch points:** Heavy machinery has a multitude of pinch points where workers' hands can be exposed to crush injuries or amputations.
- **Sharp edges and tools:** Handling steel reinforcement bars with freshly cut metal edges, formwork and cutting tools exposes workers to sharp edges that can cause lacerations and puncture wounds.
- **Impact injuries:** Dropped objects, such as heavy tools or materials, pose a risk of impact injuries to hands. Often overlooked tasks that can have unrecognized hand hazards include crane assembly/disassembly, repairs to equipment and manual handling of materials. By paying extra attention during these activities, workers can reduce the risk of hand injuries and ensure a safer working environment for all.
- **Repetitive motion:** Tasks that involve repetitive hand movements, such as tying rebar or using manual tools, can cause repetitive strain injuries. Proper glove selection is key to protecting the hand while also reducing hand fatigue.



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Hand injuries can often be easily prevented with proper precautions such as the proper personal protective equipment (PPE). Choosing the right gloves based on a thorough hazard analysis is essential.

Hazards include:

- **Impact hazards:** For tasks involving heavy machinery or tools, impact-resistant gloves provide crucial protection against blunt force injuries.
- **Cut hazards:** When handling sharp objects or materials, cut-resistant gloves are necessary to prevent lacerations and punctures.
- **Heat hazards:** For operations involving elevated temperatures, such as welding or handling hot materials, heat-resistant gloves are vital to protect against burns.
- **Chemical hazards:** In environments where chemicals are used, chemical-resistant gloves shield the skin from harmful substances.

It is important for employees to be familiar with the correct use and maintenance of PPE.

Safety protocols and best practices should be established and regular safety inspections conducted to identify and mitigate potential hand hazards. Protecting your hands is crucial for ensuring a safe work environment. Implementing protective measures fosters a culture of safety and gives everyone a true “hand-up” when they need it the most.



GET A GRIP: HAND SAFETY IN PILE DRIVING

Preventing Hand Injuries in Pile Driving Operations

COMMON CAUSES OF HAND INJURIES:

- Caught-In/Between Incidents: Hands can be caught between moving objects such as the hammer and leads.
- Struck-By Hazards: Hands are often at risk of being struck by falling or swinging objects such as piles and rigging.
- Cuts and Lacerations: Handling materials such as sheets and rebar without proper protection can lead to severe hand injuries.

Q&A

Q: What should you do if you notice a hand hazard on site?

A: Report it immediately to your supervisor and ensure appropriate safety measures are implemented.

Q: How often should you inspect your gloves?

A: Inspect gloves before each use and replace them if they are damaged or worn out.

Q: Why are exclusion zones important for hand safety?

A: Exclusion zones keep hands and other body parts away from hazardous areas, reducing the risk of injury.

3 EFFECTIVE

METHODS TO PREVENT HAND INJURIES:

USE BARRIERS TO KEEP HANDS AWAY FROM HAZARDS

- Wear appropriate gloves for the task at hand. Ensure gloves fit properly and are in good condition.
- Use guards and shielding to block hands from hazardous areas.

IMPLEMENT SAFE WORK PRACTICES

- Use tools designed to keep hands safe, such as tools with long handles to maintain a safe distance from hazards.
- Always handle materials with care, using both hands and ensuring a firm grip.
- Keep hands out of pinch points and away from moving parts.

TRAINING AND AWARENESS

- Provide regular training on hand safety and proper use of PPE.
- Encourage workers to identify and report potential hand hazards.
- Use signage and toolbox talks to remind workers about hand safety.



110,000

Average number of recorded lost-time hand injuries each year.



60%

The amount that the risk of hand injury is reduced by wearing gloves.



70%

of workers who experience hand injuries were not wearing gloves at the time of the incident.