



## HAND SAFETY ON THE JOBSITE

### Why It Matters:

Hand injuries are the #1 most common injury in the construction industry. Your hands are your most valuable tools. Protect them by being aware, prepared, and properly equipped.

### Key Hazards to Your Hands

- **Pinch points** between materials or equipment
- **Caught-between hazards** with tools or machinery
- **Lacerations** from sharp objects, blades, or edges
- **Crushing** from falling or rolling materials
- **Chemical burns** or skin absorption from hazardous substances
- **Thermal injuries** from hot surfaces or materials

### Prevent Injuries with These Safety Steps

#### 1. Wear the Right PPE

- **Gloves:** Use task-specific gloves such as cut-resistant, chemical-resistant, or impact-resistant as needed.
- Inspect gloves daily; don't wear damaged or worn-out ones.
- Remove gloves when using rotating tools (like drills) to avoid entanglement.

#### 2. Mind Your Hand Placement

- Never place your hands:
  - Where you can't see them.
  - Between moving parts or under suspended loads.
  - Near pinch points or rotating equipment.
- Always use tools, not your hands, to test or adjust moving equipment.

#### 3. Stay Situationally Aware

- Watch for other workers' tools, equipment, or material handling in your area.
- Communicate with coworkers to avoid surprises.
- Be alert to your surroundings, especially when using hand or power tools.

#### 4. Use Tools Correctly

- Don't bypass guards or use tools for unintended purposes.
- Keep blades sharp and tools in good working condition.
- Store tools properly when not in use.

#### 5. Practice Safe Lifting and Handling

- Use proper lifting techniques to avoid dropping materials on your hands.
- Wear hand protection that enhances grip and dexterity.

### Quick Reminders

- ✓ Think before placing your hands.
- ✓ Use the right gloves for the job.
- ✓ Inspect tools and PPE daily.
- ✓ Speak up if you see unsafe hand hazards.