Hand injuries

Skyport Safety Moment

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| Did you know?Each year over 20 million people suffer hand injuries; over 250,000 of those injuries are permanently disabling. |
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**Remember; protect only the fingers you want to keep. Don’t lose your touch, protect your hands!**

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. Without your hands, it would be extremely difficult to do routine simple tasks, such as opening doors, using a fork, or tying your shoes.

**5 Tips to help protect your hands:**

1. Beware of pinch points. Identify pinch points and avoid placing your hands and fingers in such hazardous spots.
2. Expect the expected. When using wrenches and other hand tools, with which you expect resistance, anticipate that the tool might slip or the object to which pressure is being applied may suddenly give way.
3. Inspect tools. Check to see if they are in good condition and safe to use.
4. Be mindful when closing doors. Keep hands and fingers clear.
5. If the work being performed requires gloves, use them. Gloves offer protection from sharp objects, wood and metal splinters, acids, electrical burns, chemicals, and many other sources of injury.

Hand injuries are one of the leading injuries in the workplace every year. Don’t become another statistic; use these 5 basic tips and safe work practices to protect your hands while you work. For more information on hand injuries, and prevention techniques contact the EHS department.