



OSCAR WINSKI

Protecting your Hands & Arms

We use our hands for almost everything we do. From repairing & cleaning our homes right down to the simplest things like brushing your teeth. How could we function without them? Yet many times we place them right in harms way and never think twice about it. Most hand injuries don't result in amputations, but the slightest injury to your hand can cause the inability to perform common everyday tasks.

The hand & wrist is actually quite fragile & consists of 27 bones when the 8 bones of the wrist are included. All these bones and joints allow our hands to move about precisely.



The Facts

Hand injuries account for nearly 10% of hospital Emergency Department visits. A recent series of 1,000 consecutive hand injuries showed the following distribution: 42% lacerations (cuts), 27% contusions (bruises), 17% fractures (broken bones), and 5% infections.



The most common cause of the injuries was blunt trauma (50%) followed by injury from a sharp object (25%).

At our work place, hand & lower arm injuries account for 50% of our total injuries for 2007.

The best defense is offense

By rule, when we work we must use our hands. This gives us many opportunities to get them in harms way. The first rule of defense is understanding the hazards involved with the job and keeping clear of the hazard. If you have not been instructed or have questions about the job you do and the hazards associated with it, see your supervisor.



Rule two is guarding. Always inspect the guarding prior to operating a machine and understand how the guard works. If a guard is missing, broken or out of adjustment, do not operate that machine until the problem is corrected.

Rule three, always use the appropriate PPE. Different gloves have different purposes. Gloves that protect from heat may not protect from cuts. Get the gloves designed for the work you do.

Wrist & lower arm injuries



Slips, trips & falls account for many wrist & lower arm fractures. When a fall occurs, instinct takes over and we try to catch ourselves and stick our hands out. This almost always results in injury from strains sprains & fractures, all the way to more severe injuries like amputations.

The intricate bones in the hand & wrist area can't absorb the sudden pressure & weight of the entire body and often are injured in the fall. Amputations occur when people fall into machines or other dangerous equipment. This is one reason guarding is so critical.

Cuts & Lacerations

At the edge of each piece of metal is a sharp edge. And while cuts and laceration injuries are down from last year, we still need to be aware of the things around us that can cut us. Always wear your gloves when handling metal & when it is safe to do so. Also wear your arm protection when required or if hazards exist.



Keeping your hands & arms safe

Remember, Hands arms, & fingers don't grow back. As amazing as medical science is today, there are still limitations of what they can do, so keep your hands and arms out of harms way.



Our hands are valuable tools. They allow us to provide for our family, enable us to have hobbies, and offer security to a child. And everyday we place our hands in danger and we take it for granted everything will be OK. To date 2007, 50% of our injuries have been hand & lower arm injuries. With this in mind, think about all the things you use your hands for and how life would change if we no longer had full use of them. As you will see in our next training module, hand & arm injuries can be quite painful and life changing. So keep an eye on you're ever- so important hands and don't chance it.....

Prevent- It

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Hands & Arm Safety Quiz

- T or F** **Half of our injuries in 2007 are hand & arm injuries.**
- T or F** **Sharp objects are the most common cause of injury.**
- T or F** **Personal protective equipment is the first rule to hand protection.**
- T or F** **Guarding is the second rule to hand protection.**
- T or F** **Falls have nothing to do with hand & arm injuries.**

Employee Name _____