

safety matters

Toolbox Talks

From your safety partners at **Crendon Insurance Brokers Ltd**

Avoiding Crush Injuries

Crush injuries can be deadly, and they are one of the most common types of on-the-job accidents. Crush hazards are particularly difficult to guard against because they are everywhere. In many cases, they cannot be prevented by using engineering controls or personal protective equipment (PPE), only by using care, caution and alertness on the job.

To reduce your risk of crush injuries at work, consider the following safety recommendations.

- Before beginning your shift or when working with new equipment, identify potential crush hazards. Analyse objects that have the potential to move and ask yourself:
 - “If this part moves, how will it affect me?”
 - “Will my body be in the way of the movement?”
- Identify objects in the workplace that move and come in contact (or close contact) with fixed objects.
- Be extremely cautious when placing your hands, fingers or feet between two objects. If you are between two objects, consider alternative ways to get the task done. If there is no other way to complete the task, make sure that all moveable parts are immobilised before continuing to work.
- Do not operate machinery without the proper guarding equipment in place. Guards form a barrier between crush points and the points of operation; therefore, if you need to perform repairs or adjustments to the guards themselves, replace them before using the machinery again.
- Keep your feet firmly planted on surfaces designed for walking, climbing or standing, and never use your feet to brace, force or chock objects.
- Wear appropriate gloves for the task at hand. They will serve as protection against injuries, but ill-fitting gloves may be an additional hazard as they can get caught in a machine.
- Follow all isolation/lock-off procedures.
- Secure materials so they cannot fall or roll by strapping, racking or interlocking them down.
- Be cautious when handling drums, rebar, rings and other metal objects.
- Watch out for rolling hazards.
- Refrain from wearing jewellery or loose clothing, and always tie long hair back. These items can potentially get caught in machines.
- Know how to turn off equipment immediately in case of an emergency.

Crush accidents are one of the most common types of on-the-job accidents. Use these tips to stay alert and healthy on the job.



**Crendon
Insurance
Brokers**

The content of this document is of general interest and is not intended to apply to specific circumstances. It does not purport to be a comprehensive analysis of all matters relevant to its subject matter. The content should not, therefore, be regarded as constituting legal advice and not be relied upon as such. In relation to any particular problem which they may have, readers are advised to seek specific advice. Further, the law may have changed since first publication and the reader is cautioned accordingly.

© 2009-13 Zywave, Inc. All rights reserved.