

PLAYING IT

SAFE

Be safe and healthy on the job with these helpful tips provided by
Crendon Insurance Brokers Ltd

Safety for Hands, Wrists and Fingers

Helpful tips for reducing your risk of injury at work

Think of how often you use your hands during the working day. Take time to protect your hands, wrist and fingers to avoid injuries that can be painful, costly or require lengthy rehabilitation by knowing the hazards and taking precautions. Here's what you need to know.

Know the Hazards

Throughout the day, your hands come in contact with a multitude of hazards presented by hand trucks, forklifts and other pinch points. They are also in danger any time you handle knives or other sharp objects.

Take Precautions

To avoid suffering from a hand, wrist or finger injury, you must learn how to recognise potential hazards and then immediately take the proper steps to avoid them. Consider the following recommendations while on the job:

- Develop a "safety first" attitude and take time to familiarise yourself with the hazards in your working environment.
- Know what others are doing around you, and familiarise yourself with all equipment, even if you don't use it.
- Concentrate on the task at hand, even when you're

frustrated or when there are distractions.

- Use common sense and remain alert for unexpected problems. Always be wary of possible hazards.
- Don't be afraid to ask for assistance or an appropriate tool if you have a heavy or awkward load to lift.

Use the Right Gear

Personal protective equipment (PPE) is designed to shield your body from hazards. Since the hands, wrists and fingers are so susceptible to injuries, there are many varieties of PPE to choose from.

- Select gloves that are appropriate for the task at hand. Make sure they fit correctly. Gloves that are too big can get caught in moving parts when hand trucks are turning, and gloves that are too small wear out easily.
- Leather gloves provide protection from bruises and cuts. Cut-resistant gloves offer shielding from sharp-edged tools. Finger guards protect against pinch hazards.



Warehouse Wear

Wearing rings or loose clothing presents a serious risk to your hands, wrists and fingers. These articles can become caught in the moving parts of hand trucks or forklifts and cause serious injury. Always remove these or other potentially dangerous items before beginning work.

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