

## Overview

We all use our hands a great deal without really thinking about it. Because we use our hands so much at work, for a variety of tasks, they can become injured.

To demonstrate the need for effective hand protection, look at the following statistics.

- There are about 500,000 work-related injuries occurring to hands, fingers, and arms each year.
- About one-quarter of all work-related injuries are to the fingers and hands.
- Injuries to fingers and thumbs are second on the list of most injured parts of the body.

## Types of hazards

A few of the types of injuries our hands are prone to suffer include:



- Mechanical hazards which cause cuts, punctures, scrapes, or crushing.
- Extreme heat or cold.
- Electrical shock or burns.
- Skin irritation from chemicals or germs.

## What must my employer do?

Your employer must assess the workplace to determine what hazards can be eliminated through engineering controls such as machine guards and improved workstation design. If hazards remain after attempting to eliminate hand hazards, then your employer will provide hand protection.

Your employer must train you on the need for and use of PPE for your hands. Training should include:

- Information on when PPE is needed.
- An explanation on what protective hand wear is required, and where to obtain it.
- How to put on, take off, adjust, and wear PPE.
- The limitations of the PPE.
- The proper care, maintenance, useful life, and disposal of the PPE.

## What must I do?

For your safety, it is crucial that you understand and follow your company's procedures for hand protection. If you have any questions regarding how to protect your hands from injury on the job, ask your supervisor.

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