



Company Name: _____ Job Site Location: _____

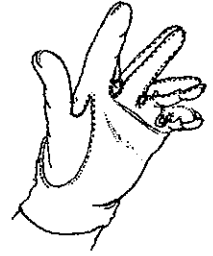
Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

Topic 18: Hand Protection

Introduction: The hands are used in virtually all jobs that pertain to the construction, manufacturing, and service industry and are prone to injuries from several hazards. **Nearly 150,000 injuries to the hands and fingers are reported each year.** Gloves are made for virtually every application, from simple cloth utility to steel mesh cut resistant gloves. OSHA regulations state that: *“Employers shall select and require employees to use appropriate hand protection when employee’s hands are exposed to hazards such as those from skin absorption of harmful substances, severe cuts or lacerations, severe abrasions, punctures, chemical burns, thermal burns, and harmful temperature extremes”*. The following guidelines are designed to assist you:

Guidelines for Hand Protection:

- **One of the most** important steps for protecting your hands is to make sure that all guards are in place and secure on the machines and power tools on your jobsite and/or workplace.
- **While working with** substances that may cause skin irritation such as chemical burns, wear chemical resistant or heavy rubber gloves.
- **Electrically insulated** gloves are needed for working with electrical hazards.
- **Wear cut resistant** metal mesh or Kevlar gloves and take special care while working with glass, sheet metal, or any material that has the potential to cut and tear.
- **Wear heavy leather**, or nitrile coated work gloves to protect your hands while working with, or carrying, block, stone, brick, and concrete that will chafe and tear your skin, in addition the chemicals in mortar and concrete can irritate the skin.
- **While carrying** heavy or slippery objects, wear gloves designed for a non-slip grip to prevent slipping and protect your hands.
- **When operating equipment** or tools which cause severe shock and vibration, use special anti-vibration gloves which are made to minimize the possibility of injury to the hands from shock and vibration.
- **When working with** hot materials, such as welding or using cutting torches, wear welders gloves, or aluminized heat resistant gloves. In extremely cold temperatures, wear heavily insulated thermal gloves
- **Do not wear gloves** while operating power tools or machinery where a risk of entanglement may occur. Many unnecessary accidents occur each year because an employee was wearing gloves that became caught in moving parts. Often these accidents result in a loss of fingers or hands.



Tendonitis may occur as a result of a strain or repetitive irritation to the tendons in the hands. This condition or injury, is the result of inflammation of the tendons, and the sheaths surrounding the tendons, which are especially susceptible in the hands. Anti-inflammatory drugs such as aspirin or ibuprofen can be used to reduce the pain and inflammation when used for 7 – 10 days (seek medical advice before taking any medication). Chronic, persistent tendonitis may require surgery. Avoid repetitive tasks which cause strain to the tendons in the hands.

Carpal tunnel syndrome results from compression of the median nerve that travels through the wrist supplying the thumb side of the hand. Particularly susceptible are people whose work requires repeated forceful movements with the wrist extended, such as using a screwdriver. This disorder is best treated by avoiding positions which hyperextend the wrist (bending it backwards), or put extra pressure on the median nerve.

Conclusion: Though some employers and jobs may require you to wear hand protection, as a safe and prudent worker you should evaluate your individual job responsibilities and determine when to wear hand protection even when not required by your employer. Your hands make a living for you, take good care of them.

Work Site Review

Work-Site Hazards and Safety Suggestions: _____

Personnel Safety Violations: _____

Material Safety Data Sheets Reviewed: _____ (Name of Chemical)

Employee Signatures:

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)

Foreman/Supervisor’s Signature: _____

These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.