



HSEQ library

TOOLBOX INFORMATION

AVOIDING HAND INJURIES

June 2021

HSEQ Direct is a digital communication, registration and training platform with a focus on Health, Safety, the Environment and Quality.

Designed specifically for the workplace!

Associated IOGP Life-Saving Rules



HSEQ DIRECT  safer
healthier
workplace



WHAT ARE HAND INJURIES?

Injuries to limbs, especially to various parts of the hand or fingers, comprise approximately 85% of all serious injuries.

Half of *all* workplace accidents involve hand injuries. In most cases, these accidents occur when handling objects. The injuries caused by this are usually broken, trapped or severed fingers.

Therefore it is very important to discuss each specific task, and the risks, beforehand.



HAZARDS (1/3)

There are many potential hazards that can cause injury to hands and fingers, such as working with sharp and heavy objects or with objects that are difficult to handle.

Hands are susceptible to injury due to the hazards of crushing, moving machinery, electric shock, contact with hot or cold objects and chemicals.



HAZARDS (2/3)

If you are alert and act correctly, hazards rarely lead to incidents. Incidents and injuries are more likely to occur in the event of:

- distraction, fatigue or lack of concentration
- insufficient risk assessment or lack of experience
- using the wrong type of gloves for the work you do
- cutting corners, for example - circumventing precautionary measures



HAZARDS (3/3)

- prioritizing productivity over safety due to predetermined deadlines
- incorrect lifting or exertion of force
- using the wrong equipment for the job
- a change in the scope of the task
- inadvertently placing your hands in the wrong place



PREVENTION (1/2)

The best way to avoid injury is to keep your hands out of the danger zone and work hands-free wherever possible.

This means, for example, that you:

- should not touch a load
- only place your hands on handles
- do not remove any protective covers, barriers or safety devices from machines
- ensure that your hands are completely free before switching on any machinery power



PREVENTION (2/2)

Remove all rings and jewelry during work. Finally, **always follow the correct procedure** and **intervene** in the event of unsafe situations or actions.

If in doubt, stop working and report to the HSE Manager.



PROTECTION

Protect your hands by wearing **the right gloves**. Your employer is responsible for providing these gloves. You are responsible for ensuring that you always have the right gloves with you. There are many different safety gloves.

Ask your company for clarification as to the correct gloves to be worn for differing tasks.



IN CASE OF...

Should it unfortunately nevertheless occur that hands and/or fingers are injured, **stop work immediately** and **seek for help**.

Report to your HSE Manager and call in a doctor or medic if necessary.

IMPORTANT INFORMATION

- 1 Discuss** the tasks and risks beforehand. **If in doubt, do not start work!**
- 2 Use** the gloves **prescribed** for the job in question.
- 3 Do not remove** any protective covers, barriers or safety devices of the machines.
- 4 Avoid** injuries by **working hands-free** wherever possible. Keep your hands out of the danger zone.
- 5 Remove all rings and jewelry** during work.

QUESTIONS? MORE INFORMATION? UNSAFE WORKING CONDITIONS?

Your HSE Manager is there to help answer any questions and ensure a safe working environment for all.

QUESTION 1

What is the best way to avoid hand injuries?

.....

A. Discuss the unsafe situation with your colleagues.

.....

B. Ensure that meeting productivity deadlines is the key priority.

.....

C. Keep your hands out of the danger zone and work hands-free wherever possible.

.....



ANSWER 1

What is the best way to avoid hand injuries?

A. Discuss the unsafe situation with your colleagues.

B. Ensure that meeting productivity deadlines is the key priority.

C. Keep your hands out of the danger zone and work hands-free wherever possible.

QUESTION 2

Which of the following is a possible cause of hand injuries?

.....

A. Working with sharp and heavy objects or with objects that are difficult to handle.

.....

B. Changing weather conditions.

.....

C. Areas that are difficult to reach.

.....



ANSWER 2

Which of the following is a possible cause of hand injuries?

A. Working with sharp and heavy objects or with objects that are difficult to handle.

B. Changing weather conditions.

C. Areas that are difficult to reach.

QUESTION 3

What should you do if you are unsure about the types of gloves you should wear?

.....

A. Ask a colleague.

.....

B. Ask your HSE Manager.

.....

C. Ask a doctor.

.....



ANSWER 3

What should you do if you are unsure about the types of gloves you should wear?

.....

A. Ask a colleague.

.....

B. Ask your HSE Manager.

.....

C. Ask a doctor.

.....



QUESTION 4

What are common hand injuries?

.....

A. Broken, trapped or severed fingers.

.....

B. Broken nails.

.....

C. Burns.

.....



ANSWER 4

What are common hand injuries?

A. Broken, trapped or severed fingers.

B. Broken nails.

C. Burns.



QUESTION 5

Why do hand injuries matter most?

.....

A. They indicate that the PPE used by the workforce is not suited to the work.

.....

B. They indicate that the equipment used by the workforce is not suited to the work.

.....

C. Because injuries to limbs, especially to various parts of the hand or fingers, comprise approximately 85% of all serious injuries. Serious hand injuries keep you from being productive at work.

.....



ANSWER 5

Why do hand injuries matter most?

.....

A. They indicate that the PPE used by the workforce is not suited to the work.

.....

B. They indicate that the equipment used by the workforce is not suited to the work.

.....

C. Because injuries to limbs, especially to various parts of the hand or fingers, comprise approximately 85% of all serious injuries. Serious hand injuries keep you from being productive at work.

.....

