Hand safety toolbox talk

29 CFR 1910.138, 1910.212, 1910.242, 1910.132, 1926.28

Date _____ Trainer _____ Location _____

Opening question

Hold up your hands. Which task today could cost you a finger?

Why it matters

Your hands are in almost every task, so they are close to the hazard all day long. A crushed finger, a deep cut or a chemical burn can keep you off work and change how you live at home. Hand injuries can be prevented when we plan where our hands go, use the right tool and wear the right glove.

Key points

1. **Know what can hurt your hands**
   Hands get cut, punctured, crushed, scraped and burned, and some chemicals soak right through the skin. Under OSHA's general industry hand protection rule, employers must select and require appropriate hand protection when hands are exposed to hazards (29 CFR 1910.138(a)). The rule lists hazards such as harmful substances absorbed through the skin, severe cuts, severe abrasions, punctures, chemical burns, thermal burns and harmful temperature extremes.
   29 CFR 1910.138(a)

2. **Match the glove to the job**
   No single glove protects against everything. A cut-resistant glove may not stop a solvent, and a thin chemical glove will not stop a blade. Employers must base glove selection on the task, the conditions, how long the gloves are worn and the hazards identified (29 CFR 1910.138(b)). Gloves should fit snugly, since a loose glove can catch or slip.
   29 CFR 1910.138(b)

3. **Stay out of pinch points**
   A pinch point is anywhere two objects come together: doors, tailgates, chains and sprockets, rollers, and loads being set down. Keep your hands where you can see them and pull them back before the load lands. Use push sticks, tag lines or a tool instead of your fingers to guide or steady material.

4. **Keep guards on and lock out first**
   Machines must have guarding that protects the operator and others from hazards such as the point of operation, ingoing nip points and rotating parts (29 CFR 1910.212(a)(1)). Never remove or bypass a guard. Shut down and lock out the machine before you clear a jam or reach in. Loose gloves, rings and sleeves can get caught in spinning parts like drill chucks, so keep them clear.
   29 CFR 1910.212(a)(1)

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5 Use the right tool in good shape

Damaged tools can cause hand injuries: a cracked handle, a mushroomed chisel head or a dull blade that needs extra force. Employers are responsible for the safe condition of tools used on the job, including tools workers supply themselves (29 CFR 1910.242(a)). Inspect tools before use, take bad ones out of service and always cut away from your body. Pick tools that fit your hand, and report tingling or numbness after using vibrating tools.

29 CFR 1910.242(a)

6 Check your gloves every time

Before each use, look for holes, cuts, worn spots, stiffness or swelling, and replace gloves that are damaged. Defective or damaged PPE must not be used (29 CFR 1910.132(e)). Report every hand injury, even a small cut, so it gets cleaned and treated.

29 CFR 1910.132(e)

Scenario

Picture this: the crew is setting a precast step with a skid steer. As the load comes down, a worker reaches under it to nudge a wood block into place. The operator cannot see his hand from the seat. What should the crew do instead, and who should call stop?

Crew discussion

1. Which task on this job puts our hands closest to a pinch point?
2. Are the gloves we have right for the work we are doing this week?
3. Which tools or guards here need repair or replacement?
4. Who has a close call with their hands they are willing to share?

Bottom line **Plan where your hands will go, use the right tool and the right glove, and never put a hand where you cannot see it or pull it back.**

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Sign-in sheet / Hoja de asistencia

Topic / Tema Hand safety / Seguridad de las manos

Date / Fecha _____

Trainer / Instructor _____ Location / Lugar _____ Company / Empresa _____

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