Pinch points toolbox talk

29 CFR 1910.212, 1910.147, 1926.1424, 1926.21, 1926.300, 1926.600

Date _____ Trainer _____ Location _____

Opening question

What is the closest spot to you right now where a finger or hand could get caught between two things?

Why it matters

A pinch point is any spot where part of your body can get caught between a moving part and something solid, or between two moving parts. They are everywhere on the job: gears, rollers, belts, doors, tailgates, chains, loads being set down and machines that swing. It happens in a split second, and a caught hand can be crushed before you can pull it back.

Key points

1. **Spot the pinch points first**
   Before you start a task, look for anything that moves, closes, rolls, swings or turns, and anything that moves toward a fixed object. Common ones are rollers and belts, chains and sprockets, doors and hinges, tailgates and dump bodies, and the gap between a load and a wall. Point them out to the crew, especially to new workers.

2. **Keep guards in place**
   Machines must have guarding that protects the operator and others nearby from hazards such as the point of operation, ingoing nip points and rotating parts. On construction sites, exposed belts, gears, pulleys, chains and other moving parts of equipment must be guarded too (29 CFR 1926.300(b)(2)). Never remove, bypass or tie back a guard to work faster, and report any guard that is missing or damaged.
   29 CFR 1910.212(a)(1)

3. **Lock it out before you reach in**
   Never reach into a machine to clear a jam or make an adjustment while it can still move. In general industry, the lockout rule covers servicing during normal production when you have to remove or bypass a guard, or put any part of your body where the machine does its work or into a danger zone during its operating cycle. Shut it down, lock it out and make sure it cannot start before your hands go in.
   29 CFR 1910.147(a)(2)(ii)

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4 Use tools, not hands

Use push sticks, hooks, pliers or tongs to feed, place or remove material near a pinch point. Special hand tools for placing and removing material can only add to the protection a guard gives; they never replace the guard. When you set down a load, use tag lines and keep your fingers off the bottom edges.

29 CFR 1910.212(a)(3)(iii)

5 Dress for moving parts

Loose sleeves, untucked shirts, jewelry, long hair and dangling cords can get pulled into rollers, belts and spinning parts, and they drag your hand or arm in with them. Tie back long hair, take off rings and watches, and keep sleeves buttoned near moving parts. Ask whether gloves are safe for the machine you are running, because a glove can get caught too.

6 Stay out of swing and crush zones

On construction sites, where a crane's rotating superstructure could strike a worker or pinch a worker against something, the hazard area must be marked with barriers such as warning lines or railings, or with warning signs and markings where barriers are not feasible. Never cut between a swinging machine and a wall, truck or another machine. Before you go into the hazard area out of the operator's view, make sure the operator knows you are going there (29 CFR 1926.1424(a)(3)(i)).

29 CFR 1926.1424(a)(2)(ii)

Scenario

Picture this: Two crew members are lowering a stack of steel plates onto wood blocks with a forklift. One of them reaches under the edge to nudge a block into place while the load is still moving, and the operator cannot see his hand. Across the shop, a helper leans into a running conveyor to pull out a jammed box. What pinch points do you see, and what should each person do differently?

Crew discussion

1. What are the pinch points on the tools, machines and equipment we are using this week?
2. Which guards on our machines are missing, damaged or hard to keep in place?
3. When do we lock out a machine before reaching in, and who is authorized to do it?
4. How do we keep hands clear when we set down loads or line up materials?

Bottom line **If something moves, find the pinch point and keep every part of your body out of it.**

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Sign-in sheet / Hoja de asistencia

Topic / Tema Pinch points / Puntos de pellizco

Date / Fecha _____

Trainer / Instructor _____

Location / Lugar _____

Company / Empresa _____

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