

# Safety Alert

From the LEG HSE Department

## Hand and Finger Awareness

Recently LEG has had a number of hand and finger injuries. These are typically the result of bad hand placement or use of the wrong tool for the job. The US Department of Labor found that 23 percent of all work related injuries involved injuries to the hands or fingers. In the Oil and Gas Industry, the ratio of injuries that are hand related is 50%. Recently, we have had an increase in hand/finger injuries. Let's review tips for prevention

### **Think of your hands as ...*Valuable***

Your hands are superbly designed tools of amazing strength and dexterity. They can pinch, grasp, twist, lift, hold and manipulate while doing a wide variety of other specific tasks.

Remember! Your hands are valuable but also vulnerable! If even a small cut makes it difficult and painful to work or play, imagine if you had a serious injury.



### **Think – what important things you use your hands for everyday?**

- Touch your spouse or loved one
- Hug your child
- Prepare and eat a meal
- Handle pen/pencil, tools or typing

Think – how would it feel to be unable to do these things due to a hand injury?

### **Top 10 Tips for Hand Safety**

- 1) Know the task and Choose the Right Glove for the Job.
- 2) Use Gloves as Intended and Do not Take Them Off.
- 3) Ensure a Proper Fit.
- 4) Know When to Replace a Glove(s).
- 5) Follow Donning and Doffing Procedures.
- 6) Remove Jewelry from Hands and Wrists.
- 7) Be Alert and Aware of All Machinery's Moving Parts.
- 8) Use Tools and Machinery Properly.
- 9) Review hand placement with experienced Team Members
- 10) Report any/every incident *Immediately*.



### **Even when people know of the existence of hazards... hand and finger injuries still happen. – WHY?**

- “It won’t happen to me.”
- “I’ve been doing it that way for years.”
- “I don’t know of a better way?”
- “It’s faster this way.”