

Safety meeting blueprint

✓ Meeting Topic: Hand protection

✓ Today's Date: _____

✓ Attendee Signatures:

You may be surprised to learn that 27% of all workplace injuries are hand- or finger-related, according to the U.S. Bureau of Labor Statistics. Consider that, for instance, exposure to vibration from powered hand tools can result in nerve or tendon damage. Worse, your hands, fingers, or clothing could get caught in moving machinery, which could lead to an amputation.

Plus, sharp hand tools can lacerate, jab, cut, or tear the skin. And if your hands or fingers come in contact with chemicals or solvents, you could suffer chemical burns, hypothermia, thermal burns, or frostbite.

Select protective gear

To protect your hands on the job, wear the correct protective gear. Pick out gloves, finger guards and arm coverings. Don't wear loose clothing or jewelry.

Use gloves with grip control if you're near wet, oily, or slippery surfaces. Also, if you're in an area with low light levels, check that your gloves are made of high-visibility reflective materials.

Before operating power tools, pick out gloves made with vibration absorption technology and impact protection to prevent injuries and hand fatigue.

If you know you'll be around high temperatures, choose heat-resistant gloves.

Types of gloves

To protect against sharp edges, slivers, dirt, or vibration, use padded cloth gloves. And to prevent abrasions and chafing, select cotton or fabric gloves.

If you'll be handling sharp objects, metal-mesh gloves are your best option.

In addition, leather gloves protect you from cuts, heat, rough surfaces and sparks.

Also, if you're performing the job near electricity, wear dielectric rubber gloves.

For welding, furnace and foundry work, choose aluminized gloves.

When you're working around chemicals, select nitrile-lined gloves to defend against chlorinated solvents or animal fats. To protect against germs and bacteria, use latex disposable gloves.

And neoprene gloves protect

you from hydraulic fluids.

(How should you verify that the gloves you select are safe to use?)

Make sure to inspect your gloves for signs of damage such as degradation. Also, test the gloves to ensure there aren't any punctures or pinholes. To do so, blow air into the gloves to see whether any air passes through.

Plus, the gloves should fit correctly. Large gloves will make it challenging to grip and move items, and small ones can reduce dexterity and can be easily damaged.

After use

Before taking off your gloves, wash the outside of them. To remove them, grasp the inside of the glove cuff and peel it off the hand so that it's inside out; this will help you avoid skin exposure. Then wash your hands with soap and water for 10 seconds. Use soap with synthetic detergent that's pH-balanced.

Thanks for your attention. And remember, let's stay safe out there!

(See next page for Test)

Safety meeting blueprint: Test your knowledge

Meeting Topic: Hand protection

1. If you want to guard against rough surfaces, cuts, heat, or sparks, you should select
 - a. Metal-mesh gloves
 - b. Padded cloth gloves
 - c. Nitrile-lined gloves
 - d. Leather gloves
2. Which of the following is the correct gear to wear if you want to prevent abrasions and chafing?
 - a. Aluminized gloves
 - b. Latex disposable gloves
 - c. Fabric gloves
 - d. Dialectic rubber gloves
3. How long should you wash your hands after you take off your gloves?
 - a. 2 seconds
 - b. 4 seconds
 - c. 8 seconds
 - d. 10 seconds
4. You should use gloves with grip control if you're performing tasks near slippery surfaces. True or False?
 - b. Mostly alkaline
 - c. pH-balanced
 - d. None of the above
5. How should you remove your gloves?
 - a. Grasp the inside of the glove cuff and peel it off
 - b. Grasp the outside of the glove cuff and peel it off
 - c. Grasp both sides of the glove cuff and peel it off
 - d. None of the above
6. To protect your hands on the job, ensure the gloves you select fit as tightly as possible. True or False?
 - a. Low-visibility reflective materials
 - b. High-visibility reflective materials
 - c. Leather
 - d. None of the above
7. Make sure the soap you use to wash your hands is
 - a. Mostly acidic
8. What should you do before taking off your safety gloves?
 - a. Put on additional protective gear
 - b. Wash the outside of your gloves
 - c. Wash the inside of your gloves
 - d. None of the above
9. If you're working in an area with low light levels, ensure your gloves are made of
 - a. Low-visibility reflective materials
 - b. High-visibility reflective materials
 - c. Leather
 - d. None of the above
10. When you're working around electricity, you should choose
 - a. Dialectic rubber gloves
 - b. Aluminized gloves
 - c. Cotton gloves
 - d. Neoprene gloves
11. Approximately what percentage of workplace injuries are hand- or finger-related?
 - a. 7
 - b. 17
 - c. 27
 - d. 72
12. If your hands, fingers, or clothing get caught in moving machinery, you could suffer
 - a. An amputation
 - b. A burn
 - c. A rash
 - d. None of the above

Test your knowledge: The answers

1. d
2. c
3. d
4. True. The grip allows for more dexterity, especially when grasping items, making it less likely that you'll suffer an injury should you lose control of the item.
5. a
6. False. The gloves you choose should fit correctly. Gloves that fit too tightly will reduce your dexterity and can be prone to wear and tear. But gloves that fit too loosely will make it harder for you to move and grasp items.
7. c
8. b
9. b
10. a
11. c
12. a