



HSE Pack

January

SAFER HANDS

A series of seven dark gray diagonal bars are positioned at the top left of the slide, extending from the left edge towards the center.

Safe Hands



Two Hands, One Standard

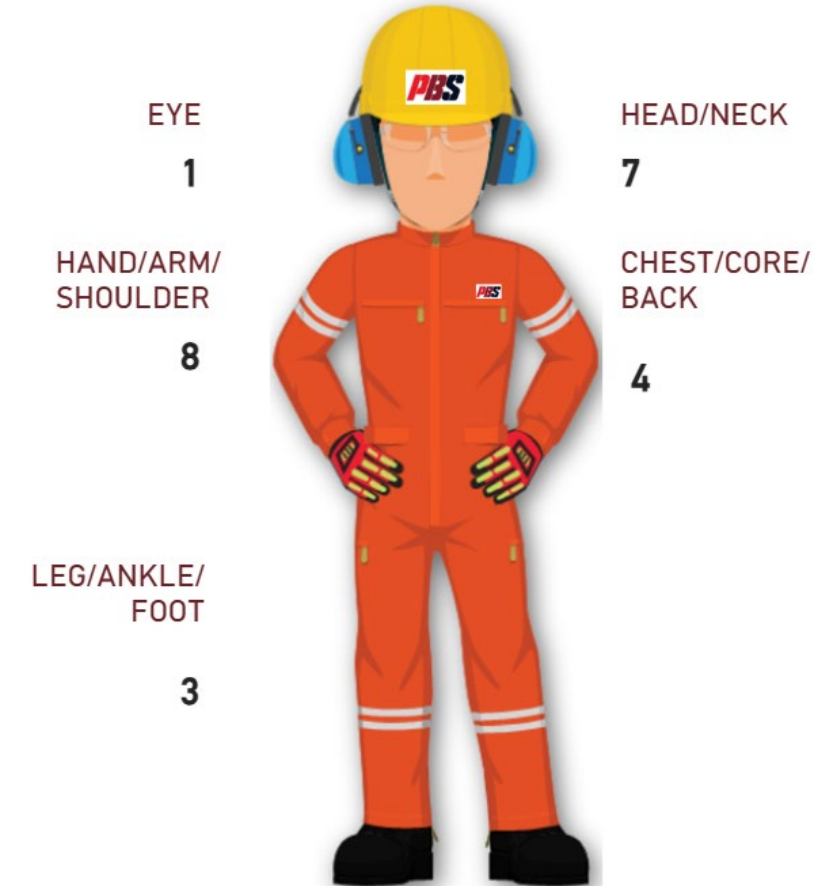
Hands = our contact with the world
(inside & outside of work)



Introduction



- Last year we had number of hand injuries
- Hand injuries are painful and can often lead permanent and debilitating consequences
- Hand injuries account for nearly 10% of hospital emergency department visits. A recent study of 1,000 consecutive hand injuries showed the following distribution:
 - **42% lacerations** (cuts)
 - **27% contusions** (bruises)
 - **17% fractures** (broken bones)
 - **5% infections**
- The most common cause of the injuries was *blunt trauma* (**50%**) followed by injury from a sharp object (**25%**)



Anatomy of our hands



The human hand consists of:

- **29** major and minor bones
- **29** major joints
- **123** named ligaments
- **34** muscles which move the fingers & thumb
- **48** named nerves



IMCA: Watch YOUR Hands



Click the image to watch the video



BE PREPARED TO
WORK SAFELY

Watch your hands



<https://www.youtube.com/watch?v=R41694RwIJw>



Hand Hazards – Danger Zones

Key hazards to consider for any task



Check Your Hand Placement



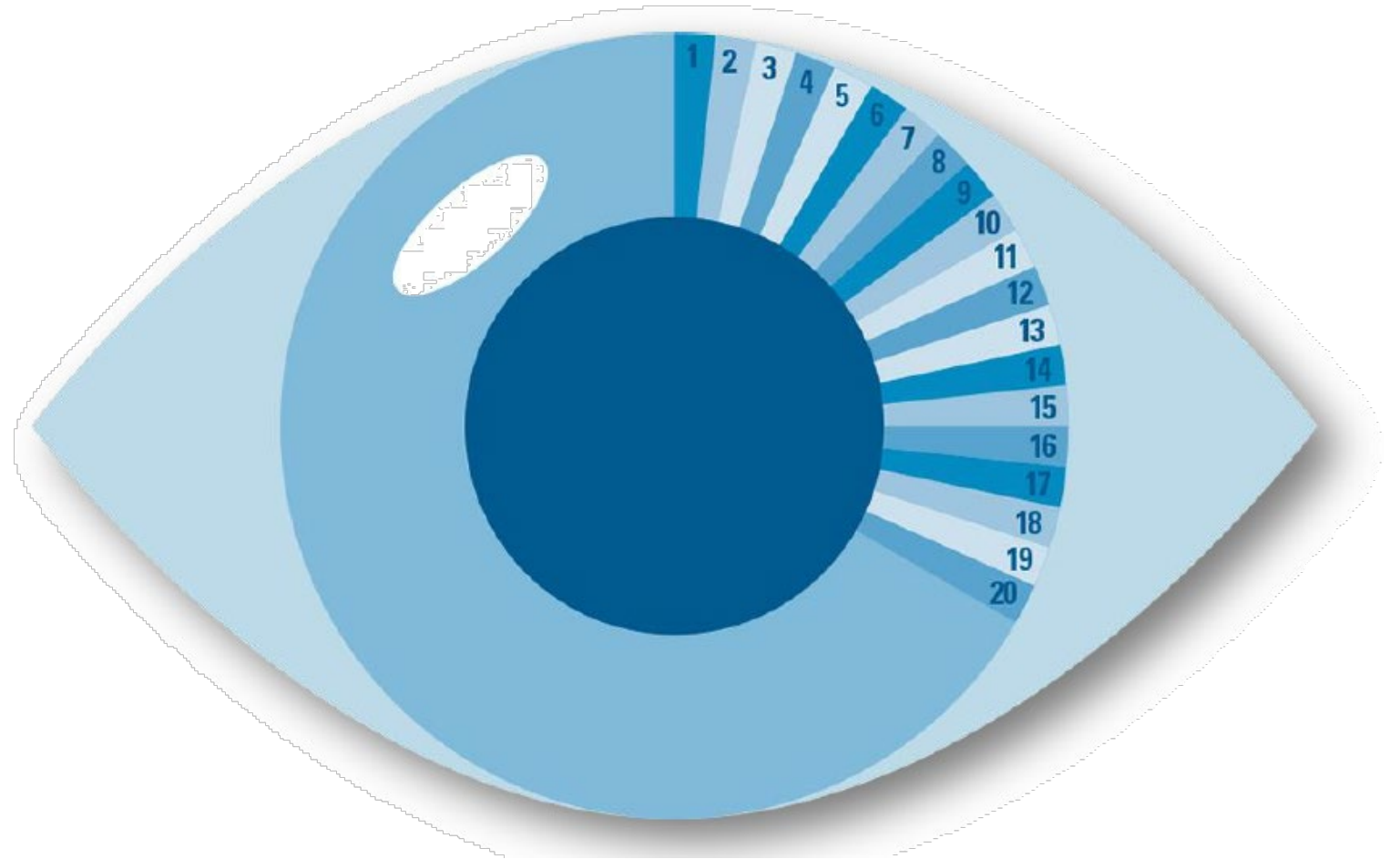
Look at:

the task,

the environment,

the equipment and

**Take 20 seconds to SCAN for
HAND HAZARDS**



Isolations

Energy and Mechanical Isolations have to be in place to ensure equipment is safe to work on

Think Energy – Think Movement



Hand Hazard Control



What can we do differently to reduce risk?

Consider the **Hierarchy of Controls** 🙌 to minimise exposure to your Hands

HIERARCHY OF CONTROLS TOOL

1. **Eliminate** (do something else)

2. **Substitute** (use something else)

3. **Engineering control** (design out the hazard)

4. **Segregate** (use of barriers)

5. **Reduce exposure**
(limit people, control time)

6. **Procedures**
(instructions, signs)

7. **PPE**



5 Key Behaviours for Safe Hands



1. **Think** about your task and your hand exposures: *Bring into Toolbox Talks*
2. **Assess** the hazards to your hands: *20s Scan at site*
3. **Mitigate Hazards:** Hierarchy of control, Isolations
4. **Select** effective mitigation and protection
5. **Protect:** PPE



Glove Selection

Remember:

- Gloves are available for all tasks
- Review the Task or COSHH Assessments & recommendation within each risk assessment
- Select from the PPE Catalogue



	Chemical Hazard		Thermal Hazard
	Micro-Organism Hazard		Thermal Hazard
	Mechanical Hazard		Static Electricity Hazard

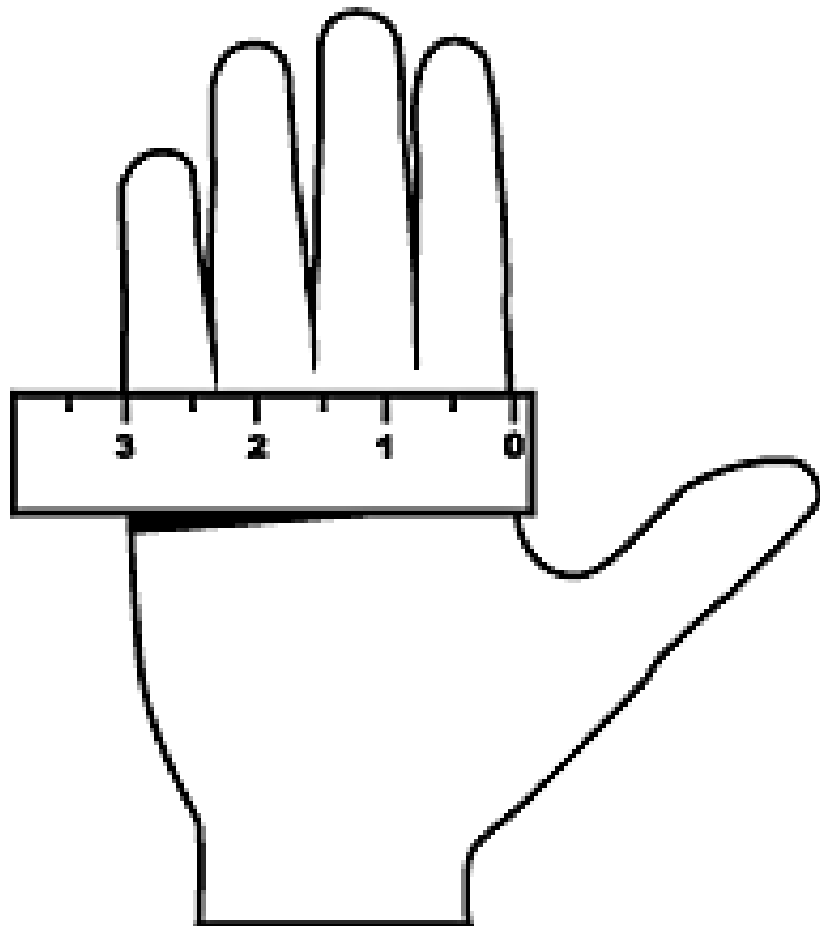
4. 1. 2. 1

4 = Abrasion	performance index 1 - 4
1 = Blade Cut	performance index 1 - 5
2 = Tear	performance index 1 - 4
1 = Puncture	performance index 1 - 4

How to score and understand glove protection levels

How to size your glove

With a ruler, start at the index finger and measure the width of your hand in the knuckle area



Distance	Size	
2 to 2½"	6	X Small
2½ to 3"	7	Small
3 to 3½"	8	Medium
3½ to 4"	9	Large
4 to 4½"	10	X Large
4½ to 5"	11	XX Large



Glove Maintenance



When Wearing and Using Gloves:

- Select and use the right kind of glove for the job
- Select gloves that fit
- Inspect your gloves before you use them
- Replace gloves that are worn or torn
- Some gloves may be chemical specified and have a life expectancy. This maybe only for a few hours – so **discard** them after the recommended time has expired.
- After working with chemicals rinse away any chemicals or dirt before removing the gloves
- Avoid borrowing gloves



Remember:

Putting your hands into dirty or shared gloves can lead to skin irritations or infections



Hand and Skin Care



What are your personal habits to protect your hands and skin?

The recommended habits are:

- Washing your Hands
- Hand Creams
- Barrier Creams
- Gloves
- Time Sheets for HAVS

Are you thorough enough?



Jewellery Policy



Follow the rules
to ensure that jewellery
doesn't create or increase
severity of injuries



Think Hands



One Pair For Life

Hands for work and home – look after them always

