



*Safety Brief Series*  
**HAND SAFETY & GLOVE**

It's easy to take hands and fingers for granted- employers and employees do it everyday! Yet these extremities are regularly subject to injury on site. Most people don't recognize how essential hands are until a serious injury occurs affecting use.

**Remember these important facts:**

- Your hands make you a skilled and valuable worker!
- Your hands are an incredibly complex and delicate part of your body.
- Hands and fingers are difficult, if not impossible, to replace.

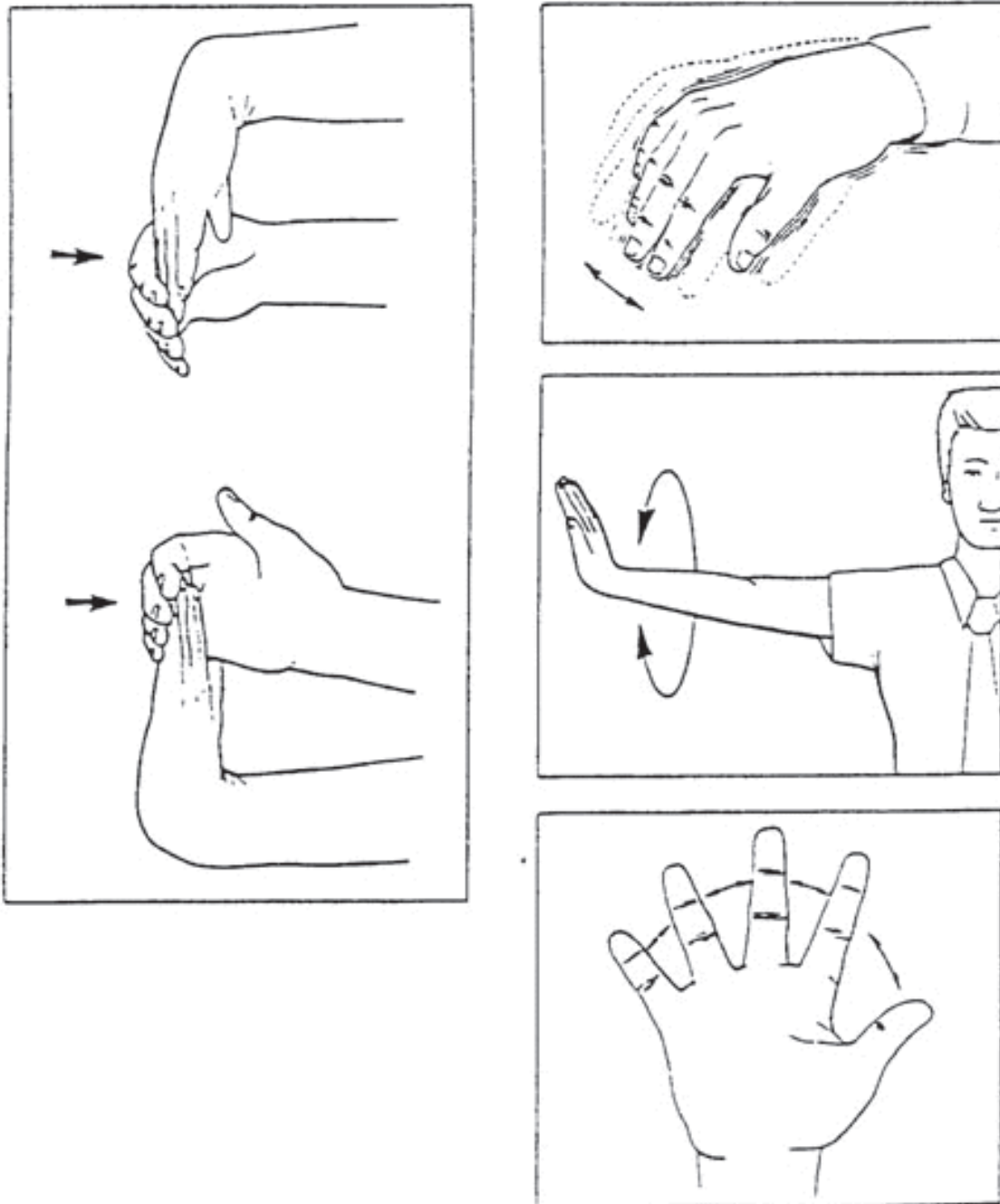
Following these safety guidelines will help prevent the unnecessary injury or loss of these invaluable assets.

**Best Work Practices**

- Come to work well rested.
- Stay alert and pay attention to the task at hand.
- Understand existing job site hazards and control or eliminate exposure.
- Select the right hand or power tool for the job.
- Understand all operating instructions for required tools or machines.
- Inspect hand and power tools for electrical hazards and safety guards.
- DO NOT put hands into a danger (cutting) zone; use a push stick.
- When using a knife cut AWAY from the body.
- Ensure energy is controlled-locked and/ or tagged out for repairs.
- Use gloves that "fit snug" to the hand.
- Use caution when working around machinery and rotating parts (i.e. belts, pulleys, chains and sprockets).
- Never put your hands anywhere that your eyes haven't seen first.

## Action Item

These hand stretches may help you before and after using vibrating equipment.



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Reference VOSHA/OSHA Standards 29CFR1910 and 1926 for more information. Standards are available at <http://www.osha.gov/laws-regs.html>

