

Did You Know...

YOUR HANDS ARE YOUR MOST VALUABLE TOOL

You use your hands for almost all of the tasks you do at work, and at home, and because they are used so frequently, they are often vulnerable to injury. It is crucial that you protect your hands to maintain your quality of life and productivity. Hand protection, appropriate to the task, shall be used at all times on Black & McDonald sites.

Common hand injuries and their prevention techniques:

1. **Lacerations:** ensure cutting tool blades are in good condition, practice safe cutting techniques, be focused, rested and alert when using cutting tools, use cut resistant hand protection
2. **Muscle Strain:** stretch your hands and wrists before, after and during work, perform hand movements that are opposite of your typical repetitive movements, practice proper ergonomics when performing tasks
3. **Hand smashes when carrying an object:** before you move an object, ensure your path is clear and safe, stop and rest if you get tired
4. **Pinches and Crushes:** before starting work, identify and assess potential pinching and crushing hazards
5. **Reaching into machinery or other hazardous areas:** ensure machinery has been locked out before reaching into it, always be aware of where your hands are to effectively avoid potential hazards.

