

**SAFETY**



**MONDAY**

# HAND SAFETY



## PREVENTING HAND INJURIES



Injuries to the hand include lacerations, burns, needlesticks, fractures and amputations. The hand has 27 bones and 30 muscles, plus connective tendons and ligaments.

While many people often do not consider how important our hands are, healthy hand function is crucial for many tasks in our daily lives. This is why keeping our hands safe is essential, no matter what your profession or what the task is at hand.

Utilize the tips below to help you and your loved ones prevent hand injuries.

- Wear appropriate gloves for the task
- Remove rings
- Avoid repetitive motion
- Avoid using excessive force
- Do not blindly reach into an area that may harbor hazards
- Do not wear gloves that may become caught in machinery
- Do not become distracted and avoid becoming complacent
- Look before you put your hand(s) into an area that may contain hazards
- Avoid drinking alcohol when performing activities that could injure your hands



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