



Hand injuries are among the main reasons workers end up in the emergency room. According to OSHA, **one million workers are treated in the ER for hand injuries annually.** According to the National Safety Council hand injuries are the second most common type of workplace injury.

70% of the workers who experienced a hand injury were not wearing gloves. 30% were wearing gloves, but they were not appropriate for the task being performed, or they were damaged.

According to a recent Department of Labor study, **of all injuries reported, 23% were for fingers and hands** making them the most frequent preventable injury

Injuries to your hands or fingers, including **nerve damage, loss of a finger**, multiple fingers, or your entire hand, can severely impact your career, quality of life, and family.

Discussion Points:

- Work-related hand injuries, OSHA statistics, and cost to industry
- Be aware of where you place your hands

- Be able to recognize hazards associated with tools and equipment
- Inspect all tools, equipment, and gloves before use
- Life changing injuries

To avoid injuries to fingers and hands, it is vital to follow company policies.

Workers should be able to recognize hazards associated with the tools and equipment being used. Be aware of pinch-points, rotating moving parts, exposed blades, sharp edges, and protruding objects.

Work gloves should be provided by your employer, and they should ensure the gloves are appropriate for the task being performed. Employees should inspect all tools, equipment, and gloves before beginning a task, and **remove all rings and wristwatches.**

Report all injuries to your supervisor; even the smallest scratch can become infected and result in a serious health issue. Take a moment and think what it would be like if you were to experience a serious injury to your fingers or hand. Simple routine tasks such as tying your shoes, picking up a spoon, or petting your dog would be changed forever.