

Hand injuries typically account for 40 % of ALL injuries at ExxonMobil

The FIRST step in preventing injury is RECOGNISING that there is a hazard



Looking at the above pictures—what would you do to prevent an injury?

Once you've recognised the hazards, you can take proactive steps to prevent injuries:

- Use good hand positioning to eliminate **Pinch-point** hazards
- Most people are right handed, yet the same number of injuries occur to the left hand as the right, So ...watch where **BOTH** your hands are whilst working – **Line of Fire**
- Don't assume stability of the work object – it may move
- Anticipate sharp edges and always wear appropriate gloves when handling materials – **Correct PPE**
- Only use the **Correct tool** for job
- Never hold the work in your hands or use your body as a brace when cutting
- Do not slow down swinging loads by hand
- **Guards** must be in place on rotating and other hazardous moving equipment.
- Hot and extremely cold surfaces should be guarded against accidental contact

Did you ever consider how difficult even the simplest task would be without a hand or finger?

Hand injuries can occur at both home or at work, so adopt safety practices that you will use all the time.

- **Think through each task before you do it**
- **Identify hand hazards – use SPSA**
- **Ask “*What’s the worst that can happen?*”**
- **Injuries will occur if you neglect basic safety practices.**

