



HAND INJURIES

can be debilitating and life-altering. While some jobs require nothing to get started, other jobs require prior training, PPE (personal protective equipment), machine guarding, or specified tools to lower hand injury risk. Most injuries result from being in the “line of fire”, the path of hazardous energy. “Line of fire” injuries happen when hands are struck by, struck against, caught in between, or have contact with hazardous energy. The best hand injury prevention is awareness and personal habit changes. Make sure you know how to safely complete your task before starting work. If you are unsure, contact your supervisor.

POTENTIAL HAND HAZARDS:

- Abrasions
- Amputations
- Bites
- Burns
- Chemicals
- Contusions
- Crushing
- Fractures
- Frostbite
- Lacerations
- Punctures
- Sprains & strains
- Vibrations

WHAT TO DO!

- Keep your mind on task and pay attention to the "line of fire"!
- Do not rush through tasks.
- Always practice good hand ergonomics!
- Cut away from the direction of your body.
- Ensure machine guards are securely in place before operating equipment.
- Always wear required PPE!
- Use the right tool for the job!
- Report injuries to your supervisor immediately!
- In an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance!



Pay attention to the “line of fire”!



Cut away from your body!



Ensure machine guards are secured in place before starting work!

