



ALCA
ARIZONA LANDSCAPE
CONTRACTORS ASSOCIATION

Preventing Hand Injuries

The hand is one of the most complex parts of your body—the movement of tendons, bones, tissues and nerves allows you to grip and do a wide variety of complex jobs. Without your hands it would be extremely difficult to do routine simple tasks such as opening doors, using a fork or tying your shoes. Your hands make you a skilled, valuable worker. Hand injuries are likely when the wrong tool is used or the right tool is used improperly.

PRACTIC EXERCISE: Tuck your thumbs into the palms of your hands. Now tie your shoes

To avoid hand injuries:

- Know the hazards and dangers in the job to be done
- Be aware of pinch points
- Be aware of hot areas
- Be aware of rotating or moving surfaces
- Automated machinery may be controlled by remote control, or delayed timing devices that cause the machine to start automatically
- Loose clothing and jewelry may be caught up in moving machinery
- Never remove machine safeguards or operate machinery with safeguards removed

Here are a few lines of defenses:

KNIVES

- Use safety knives whenever possible
- Keep knife blades sharp
- Cut away from your body
- Do not use knife blades as screwdrivers
- Avoid working on the same object when a co-worker is using a knife

HAND SAWS

- Use moderate pressure on hack saws to prevent blade failure
- Spray saw blades lightly with lubricant prior to use
- Keep blades sharp

PORTABLE POWER TOOLS

- Disconnect power tools when not in use and before changing bits, blades, and other accessories
- If a power tool binds STOP! And reassess the job
- Wear anti-vibration gloves when using power tools that vibrate excessively
- Never remove guards
- Ground power tools unless double insulated
- Don't wear gloves if they can get caught on rotating parts
- Secure work in a vise or a bench—don't hold it in your hand

GLOVE CARE

- Inspect gloves before use for tears, excessive wear, and punctures
- Store gloves in a clean, dry location
- Discard leather and cloth gloves if they become saturated with oil or other chemicals
- Inspect gloves before use for tears excessive wear, and punctures
- Leak test chemical gloves by sealing the wrist and filling the glove with air
- Use a clean plastic tube or low pressure air line – not your mouth!

REMEMBER TO PROTECT YOUR HANDS, YOU NEED THEM TO PICK UP YOUR PAYCHECK.

For more information, go to [Preventing Hand Injuries](#)

