

HAND & FINGER INJURY PREVENTION

HOLD ON TO YOUR HANDS



As seen in the MMT and Reach HSE statistics the hand and finger injuries are over-represented among our reported personal injuries. Seven hand and finger injuries were reported during the past year (June 2020 – June 2021) and the injuries were mainly located to the finger tips of the thumb, index finger and middle finger, as seen below. Your hands are great tools and life will not be the same if their functionality is impaired. Just think about how difficult it would be to lace up your shoes if you cannot use your thumb. Be careful, be cautious and use the right work methods for the job.



ASSESS THE TASK AND RISKS INVOLVED



WEAR APPROPRIATE PPE FOR THE TASK



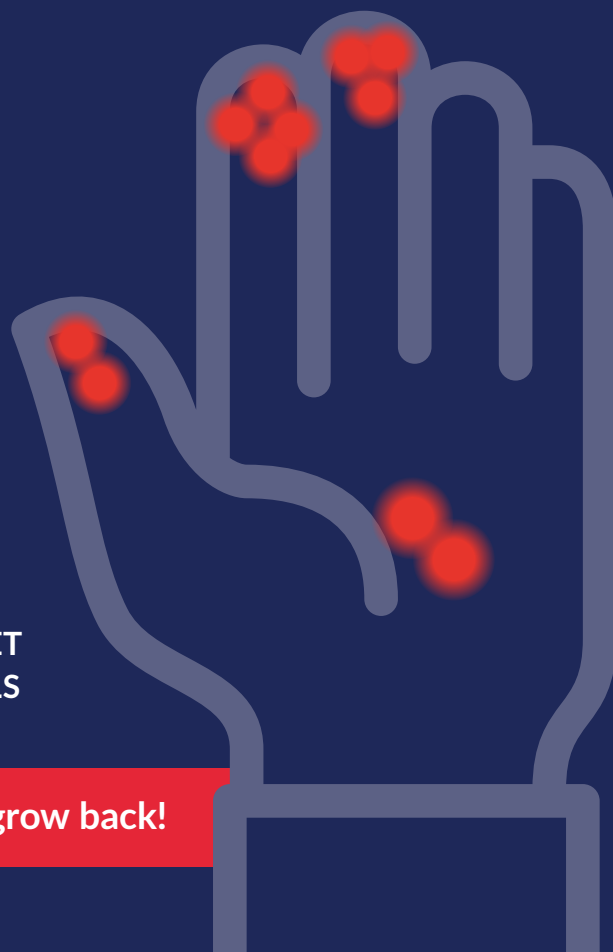
DO NOT RUSH



BE MINDFUL ALSO OUTSIDE OF WORKING HOURS



DO NOT USE JEWELLERY IN ANY JOB SITUATION WHERE IT CAN GET CAUGHT IN EQUIPMENT OR TOOLS



Take care of your hands, they don't grow back!

