**“HAND SAFETY”**

**Have you ever imagine or thought about what life would be without the full functional use of your hands?** **Maybe you know someone who has lost the full use of his/her hands and you perhaps understand.** **Whatever the case may be, we all recognize the importance of our hands and we owe it to ourselves to** **make sure that we do all that we need to do to protect and preserve our hands.**

**Some hand injuries that may occur at work or at home include:**

**Cuts, lacerations, punctures, and even amputations**

**Abrasions from rough surfaces**

**Broken fingers or other bones of the hand**

**Chemical burns**

**Severe skin irritation (dermatitis) from contact with certain chemicals**

**Thermal burns from touching very hot objects**

**Absorption of hazardous substances through unprotected skin**

**Some sources of these injuries include:**

**Pinch points (exist between objects)**

**Hot spots**

**Rotating machinery**

**Tools and equipment**

**Chemicals**

**Some ways to protect your hands**

**Be attentive to what you are doing-minor hand injuries are usually indicators of inattentiveness to** **work.**

**Recognize pinch point and avoid close contact with hand.**

**Don’t wear jewellery and loose clothing around rotating equipment including the ones at home.**

**Use an appropriate pair of gloves when handling chemicals-check glove for porosity before use** **and never use a leather glove.**

**Don’t improvise when it comes to tools; always use the right tool for the specific task.**

**Keep knife blades sharp and cut away from your body.**

**Turn knives tip-down in a dish drainer and never store them in a drawer.**

**“The choices you make; Make you!” *-John Maxwell***