

8/24/2004

Thumbs up!

Your hands are one of the most complex parts of your body!
Without healthy hands you cannot perform such routine jobs as buttoning a shirt, opening a door, or lifting a fork.

Many of us take our hands for granted. Whether on the job or at home we often take chances around such hazards as chemicals, machinery, power tools, sharp or rough edges, ropes, welding sparks, heat, cold, etc.

On the job your hands are the tools that make you a highly skilled and valued worker.

Yet, as important as your hands are, most people are careless about **hand safety**.

Each year approximately 180,000 people suffer with serious hand injuries...most of these injuries are job related accidents. *That's about 600 injuries per day!!*

These serious injuries may prohibit a person from working and in many cases from being independent enough to perform daily necessary activities like washing up, getting themselves dressed, eating meals, and driving.

OSHA requires that employer's select, and require their employees to use, appropriate hand protection when being exposed to these types of hazards. (Note: there are times when gloves should not be worn. Example: when working on moving machinery that could pull the glove and your hand into the machine.)

So, why are so many people negligent when it comes to protecting this functional part of the body??? When asked why not wearing gloves, a worker's typical response is:

- Gloves make the task more difficult
- Attitude ("it won't happen to me" or "I'll have this finished in a minute")
- Availability (taking the time to locate gloves)
- Comfort (wrong size, thickness)
- Dexterity (loss of)
- Temperature (too warm/hot)

Without gloves you are much more prone to cuts, scrapes, which can lead to infections, or other injuries such as sprained tendons/ligaments or broken bones.

Choose to take care of your hands at work and at home!

Don't wait until you have a serious injury to learn more about the new materials and styles available to protect you. There are so many comfortable, durable, and functional glove options these days' chances are you will be able to find the perfect fit.

Be sure to work with your employer & safety supervisor to evaluate your working environment to decide what type of protection you will need to keep your hands healthy and both **Thumbs Up!**

Jviscolosi/hand safety

