

Welcome to the Hard Hat Training Series!



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Welcome to the Hard Hat Training Series. Today, we will talk about hand safety. Hand injuries are one of the leading causes of lost workdays. We will give you the knowledge and understanding you need to become a better and safer worker.



HARD HAT
TRAINING SERIES

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HAND SAFETY
AWARENESS TRAINING





From minor cuts and abrasions to crushing injuries and amputations, hand injuries can be costly for employers and life-changing for employees. However, most hand injuries are preventable.



Those numbers add up to over one million workers in emergency rooms across the country with hand injuries. The financial implications for these workers are life-long, as hand injuries have great potential to result in permanent, debilitating damage.



Did You Know?

About 70% of hand and arm injuries can be prevented by wearing proper PPE, specifically gloves.

TOP HAND INJURIES

Hand injuries account for:

- 1/3 of all job-related injuries
- 1/3 of chronic injuries
- 1/4 of lost-time injuries
- 1/5 of permanent disability



BREAKS



AMPUTATIONS



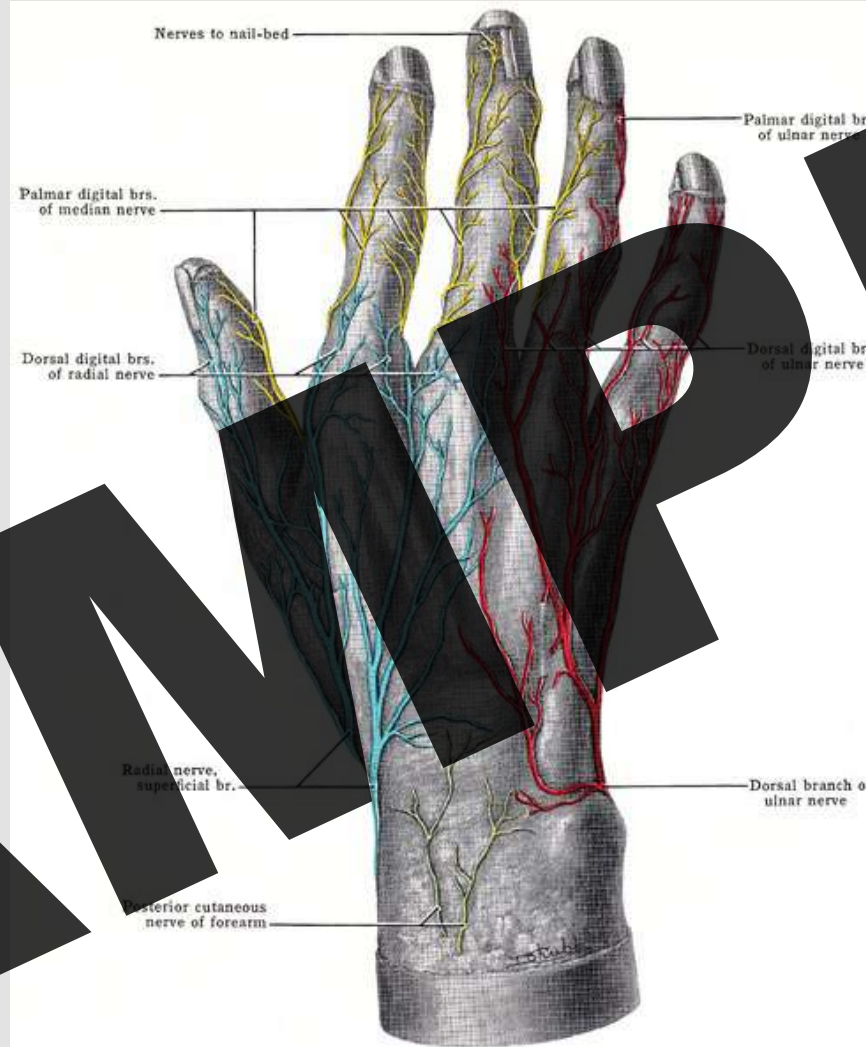
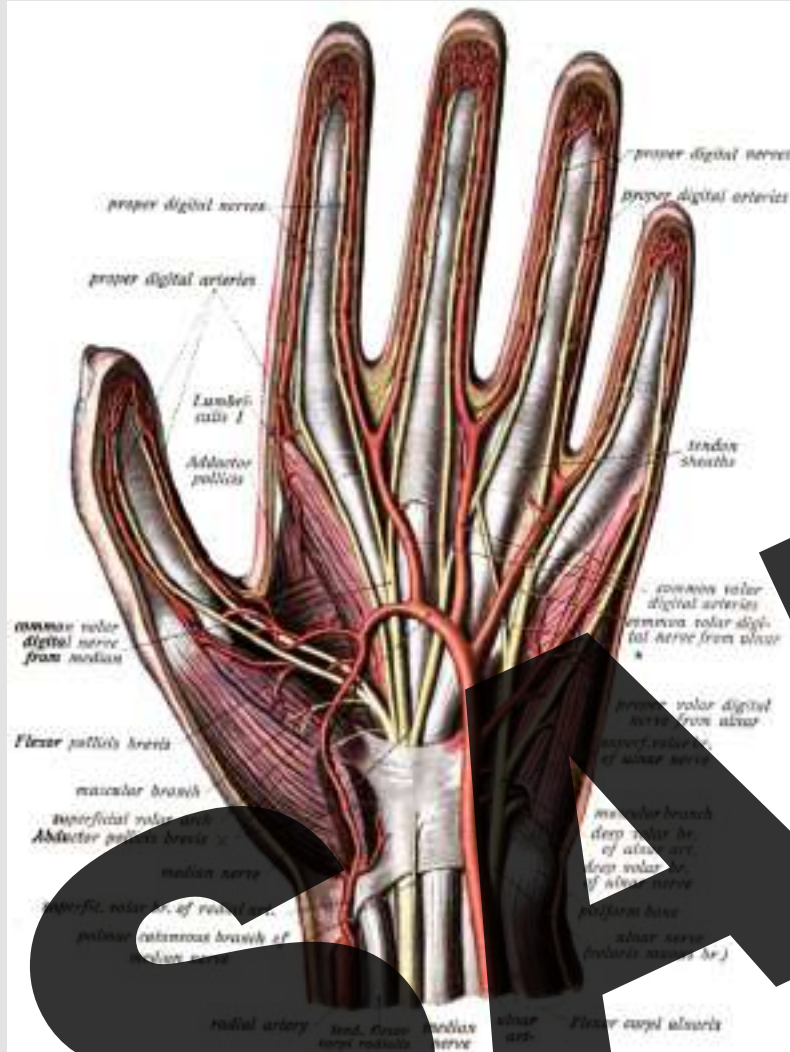
LACERATIONS



About Hands

The human hand is complex and intricate. It is made up of 29 different bones, 14 of which are in the fingers and thumb alone. Each of your hands contains 123 ligaments. It takes 34 muscles to move your fingers and thumb (17 in your palm and 18 in your forearm).





Thirty arteries supply blood to the hands, with almost as many smaller branches. Your hands each have 48 nerves — three major nerves, 24 sensory branches, and 21 muscular branches. Your fingertips have the highest concentrations of nerve endings in the entire human body.



With all these pieces fitting and working together in a carefully-balanced process, it isn't surprising that even a "simple" injury to the hand or wrist can have far-reaching repercussions. Loss of motion or dexterity in one small part of this delicate machine that is your hand can jeopardize your ability to perform even the most basic of tasks. It is essential, then, to protect them from injury.



In this training, we will go over some of the most common injuries your hands are at risk of incurring. We will also discuss how to operate safely and keep these injuries from occurring by using methods such as lockout/tagout and machine guarding.





We will also discuss the importance of personal protective equipment (PPE) and how to choose the correct equipment for the job at hand. Additionally, we will help you recognize and understand hazards that may exist in your worksite and review them with the use of real, investigated workplace incidents.





These are some of the main standards concerning hand safety. Many states have additional standards, as do some industries. We have provided these as a guide, but it's your responsibility to know all federal, local, and company rules that apply to your jobsite.



Why Training?

Second, training is vital to safety. And not only training but a conscious application of that training. The days of sitting through a training class only to return to your same old habits are over. The training culture in our country needs to change, and by that, we mean both employers and workers alike need to take a more proactive role integrating the principles into their daily routine.

Initial training and refresher training, as well as any written and practical evaluations, must be documented and filed. At the very least, in the case of an investigation, authorities will want to see proof of proper and consistent training (in the way of training outlines, class lists, training goals, tests, certificates, and so on). These documents should include the name of the person who taught the class or conducted the evaluation.



Workers are required to receive refresher training when...

- 1 There are changes in their assigned duties.
- 2 There are changes regarding potential exposure to hazards for which the employees have not received training.
- 3 There is any deficiency noted in an employee's work performance that is related to the safety and health of themselves or other workers.
- 4 If an accident or anytime an employee is injured or nearly injured during operations.

NOTE: In some areas, refresher training is required at least every three years (if not sooner).

Training is not just a one-and-done occurrence; it is ongoing. In fact, similar to the guidelines set down for when initial training is required, the regulations are very specific, as noted in this graphic.



The extent of training will be determined by the employer, but at the very least, it should include classroom instruction, followed by a written and practical examination that prove continued competency.



Common Injuries

SAMPLE



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