



Cut Out Cuts

Help your hands so they can help you

Your hands are exposed to injury perhaps more than any other part of your body simply because you use them so often. But you can prevent hand injuries if you're aware of the potential hazards and take the proper precautions.

Workplace and home hazards that can result in cuts or puncture wounds include:

- **Cutting tools** such as hand or circular saws, knives, box cutters, scissors, and other bladed tools
- **Sheet metal**, both finished forms and scrap, which almost always have sharp edges and burrs that can tear the skin
- **Broken glass**, which is particularly dangerous because your first impulse is to pick it up with your bare hands rather than sweeping it up with a broom
- **Protruding nails and staples** when handling wooden crates, stapled cardboard cartons, empty pallets, and so on
- **Home appliances** such as food processors, blenders, and slicers

Avoid hand injuries at work or at home by wearing work gloves to protect your hands. Also be careful when working with sharp or pointed tools. Pay attention to what you're doing and avoid distractions. And store sharp or pointed tools safely with the blade sheathed or pointing away from you so you don't accidentally grab the sharp end when reaching in a drawer or storage cabinet.

To learn more about this topic, please call John Holcomb at (877) 360-3608, ext. 7115 or email him at jholcomb@riskcontrol360.com.