



PLAYING IT SAFE

Be safe and healthy on the job with these helpful tips provided by Peabody Insurance Agency

Hand, Wrist and Finger Safety

Tips for protecting your most useful kitchen “tools”

Imagine all the things you wouldn't be able to do if you injure your hand, wrist or fingers. Since injuries to these parts of the body can be painful and require lengthy rehabilitation, it's important to take care of your most useful on-the-job tools. Learn the hazards and take precautions to stay safe and healthy.

Hazards

When you're working with your hands, they come in contact with a multitude of hazards. The following is a sampling of hand, wrist and finger hazards you might face on the job:

- Extreme temperatures
- Pinch points
- Knives and other sharp or pointed cooking tools
- Harsh chemicals

Precautions

To avoid hand, wrist or finger injuries, you must learn how to recognize potential hazards and then take the proper steps to avoid them. Consider the following recommendations when working with cooking tools:

- Ovens and grills are always hot during business hours. Never touch either with your bare hands.
- Concentrate on the task at hand and never work too quickly.
- Always wash your hands before

and after handling food to ensure any cuts or scrapes on your hands don't get infected.

Personal Protective Equipment (PPE)

Personal protective equipment (PPE) is designed to shield your body from hazards. Since the hands, wrists and fingers are especially susceptible to injuries, there are many varieties of PPE designed to keep your hands, wrists and fingers safe. Follow these tips to keep yourself covered.

- Select gloves that are appropriate for the task at hand.
- Heat-resistant gloves offer protection against burns from extremely hot trays, containers or ovens.
- Rubber, vinyl or neoprene gloves shield hands from burns when washing dishes.
- Cut resistant gloves are ideal whenever using a sharp knife.
- Disposable and/or latex gloves allow you to handle food if there are preexisting cuts or scrapes on your hands.

Investigate

Whenever you begin a new task, take a moment to think about any danger it could present and take steps to protect yourself.



Not Worth the Risk

Your hands are some of your most important tools. Why not protect them? An Occupational Health and Safety Administration (OSHA) survey revealed that 70 percent of work-related hand injuries involved workers not wearing gloves. The other 30 percent were wearing damaged or inadequate gloves.

