

# PLAYING IT **SAFE**

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

## Preventing Cuts and Puncture Wounds

*Helpful tips for reducing your risk of injury at work*

Knives and scissors are not the only cut hazards in the workplace. From paper cutters in an office to metal sheeting in a warehouse, cut and puncture hazards can come from many objects.

Cuts and puncture wounds are not the same thing. A puncture pierces the skin and makes a small hole. A cut slices through the surface of the skin or into deeper layers of fat or muscles. Both types of injuries can be painful or require medical care.

Some common cut and puncture injuries include:

- Scratches and abrasions
- Minor cuts from a knife or razor blade
- Needlesticks
- Puncture wounds from nails
- Deep lacerations from broken glass

### **Causes of Cuts and Punctures**

Here are some typical hazards that can cause cuts and punctures:

- Improper training
- Lack of established safety procedures
- Employees rushing, taking shortcuts or not following safety procedures
- Wearing improper or no hand protection
- Missing or improperly adjusted guarding on cutting equipment
- Poor housekeeping, clutter and debris
- Poor lighting or reduced visibility

### **Cuts Are Preventable**

The best way to prevent cuts and puncture wounds is to pay attention to the task at hand and the area around you. Below are more ways to be safe while cutting.

- **Check your work area before starting any cutting tasks.** Be sure your co-workers are a safe distance away from you and will avoid injury if you drop or lose control of your cutting tool. If



### **Pay Attention!**

The best way to prevent cuts and puncture wounds is to pay attention to the task at hand and the area around you. Maintain your focus and keep your eyes on the object you're cutting.

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you drop your tool, do not try to catch it—let it drop to the floor and pick it up after it has landed.

- **Wear proper personal protective equipment**, such as cut-resistant gloves, eye protection and long sleeves.
- **Always use the proper tool for the job**, and use it correctly.
- **If your tool is getting dull, sharpen or replace the blade.** You will exert more energy cutting with a dull blade, increasing your chances for an accident.

Always follow the work procedures established by Peabody Insurance to help you identify and control your exposure to cut hazards. If you do not know what these procedures are, ask your supervisor.

