

Toolbox Talks

Protect Your Extremities Part 1



General Guidelines

- Review all equipment & operations in the work area for pinch-points & moving or rotating parts; read applicable areas of the operating manuals
- Know the safety concerns associated with chemicals & fluids; know what to do in the event of a splash or spill or inadvertent contact
- Never reach into energized equipment; keep arms inside mobile equipment at all times – Always perform Lockout / Tagout
- Verify Personal Protective Equipment fits properly & is appropriate for the job; remember there are various types of work gloves based on application
- Always protect hands & arms from burns & splinters while grinding, cutting, welding, or sawing
- Avoid prolonged periods of gripping, holding, or poor wrist posture; not doing so may result in Cumulative Trauma Disorders (CTD's) like carpal-tunnel syndrome or tendonitis
- Always know where you're placing your hands & arms; verify machine guarding is effective; be attentive

Personal Protective Equipment for the Hands & Arms

Type of Hazard	Recommended Personal Protective Equipment (PPE)
Rashes, chemical burns, electrical burns, extreme heat burns	Heavy-duty rubber gloves (neoprene, butyl, latex); welding sleeves; heavy-duty leather gloves; electrical gloves
Cuts, lacerations, punctures, splinters	Kevlar gloves; cutting (chain-mesh) gloves; heavy-duty leather gloves
Crushes, broken bones, contusions, bruises	Metacarpal guards; forearm guards
Soreness, muscle fatigue	Hand and wrist braces; elbow braces

General Information

- A Pinch Point is produced when 2 objects come together & there is a possibility that a person could be caught or injured when coming in contact with that area.
- Pinch points commonly impact fingers / hands, but can impact any area of the body. The injury resulting from a pinch point could be as minor as a blister or as severe as amputation or death. Conveyors, gears, loaders, compactors, & other moving equipment are examples of machinery with pinch points.

Common Causes of Injuries from Pinch Points

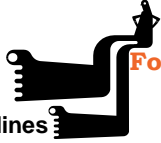
- Not paying attention to the location of hands & feet
- Walking or working in areas with mobile equipment & fixed structures
- Loose clothing, hair, or jewelry getting caught in rotating parts or equipment
- Poor condition of equipment & guarding
- Dropping or carelessly handling materials or suspended loads
- Not using the proper work procedures or tools
- Reaching into moving equipment & machinery

Safety Controls for Pinch Points

- Machine guarding: Verify all guarding is in place & effective
- Personal Protective Equipment: Heavy-duty leather gloves, metacarpal guards, forearm guards, etc. **Note: Do not wear gloves around rotating machinery**
- Pre-work inspection: Identify potential pinch points before starting work
- Stay in employee designated areas: Always make sure mobile equipment operators know your location
- Lockout / Tagout: Always verify the equipment is de-energized before starting any maintenance work
- Alertness: Drowsiness leads to inattentive work habits & shortcuts
- Operating manuals & work procedures: Always review these before starting work; pinch points may also be identified in these documents

Toolbox Talks

Protect Your Extremities Part 2



Foot & Leg Protection

General Guidelines

- Verify loads are secure before using hoists & cranes; inspect the condition of slings, chains, & hooks to prevent inadvertent drops
- Inspect the work environment for slip & trip hazards; make sure walking & working surfaces are dry
- Know the safety concerns associated with chemicals & fluids, & understand what to do in the event of a splash or spill
- Verify Personal Protective Equipment fits properly & is appropriate for the job; with steel-toed work boots, inspect the quality of the tread
- When lifting, always position the legs & body squarely with the load; do not over exert, as this could cause a muscle strain to legs & knees
- Be wary of pinch points generated by moving parts & mobile equipment; keep arms & legs inside mobile equipment at all times
- Always know where you are placing your legs & feet; verify machine guarding is effective & be attentive



Don't Let This Happen To You!



Personal Protective Equipment for the Feet & Legs

Type of Hazard	Recommended Personal Protective Equip. (PPE)
Rashes, chemical burns, heat burns	Leg coveralls, Hazardous Material boots and suits; rubber over-boots, insulated boots
Cuts, lacerations, punctures	Steel-toed boots, leather leg chaps, long pants, leg and shin guards
Crushes, broken bones, contusions, bruises	Steel-toed boots with metatarsal guards, toe guards, leg and shin guards, thigh and hip pads
Burn from electrical	Non-conductive footwear to stop grounding or inadvertent spark
Slips	Attachable spikes, anti-slip soles
Soreness, muscle fatigue	Knee pads, work boots with re-enforced ankle support, athletic shoes, leg/knee/ankle braces, orthotic inserts

All information found at safety.cat.com/toolbox; All photos found at safetytoolboxtalks.com