

LESSON 3

PROTECTING YOUR HANDS

(Before the meeting: 1) Write the following sentence on the board, "Each year 1,000,000 employees across the U.S. are treated in the hospital emergency room for hand injuries. Gloves could reduce those injuries by 60%. That's 600,000 people"

2) Bring samples of gloves that are available to use in your shop.

1. Why don't we wear gloves when performing work that could lead to injuries?

(Give employees a chance to answer the question.)

All of your reasons are correct. Many workers just don't see hand injuries as serious, Many folks choose the wrong size glove and therefore find them uncomfortable and bothersome to work in.

In today's safety meeting, I want to spend our time looking at when we should be wearing gloves and making sure that your glove fits.

2. As you can see the statement I've written on the board today - Over 1 million employees go to the emergency room each year with hand injuries. OSHA estimates that hand injuries could be reduced by as much as 60% if employees just wore gloves. That means that just by wearing gloves, over ½ million employees would stay out of the emergency room.

3. **What types of injuries could happen to your hands when you are working each day?** (Write the employees answers on the board, putting them in these three categories.)

- **Chemicals**, which could be absorbed through the hands or burn the skin.
- **Infectious materials**, Garbage, blood, body fluids all contain bacteria or virus that could make us sick.
- **Cuts, scrapes and punctures**, when handling garbage or cleaning, broken glass, needles or sharp edges could cut, scrape or puncture the skin on the hands.

By using gloves when using chemicals, and collecting and emptying trash we can greatly reduce our exposure to chemicals and infectious materials; and reduce our risk of injury from cuts, scrapes and punctures.

4. Most often employees choose a glove which is too large. This makes it difficult to pick up small objects, and limits the ability to use the fingers and thumb for tasks such as picking up small objects. It is important to get a snug fit, surrounding the fingers and across the back of the hand. You should be able to make a fist and feel as though the glove slides across the fingers and hand easily. If you feel pressure across the back of the hand and in the fingers, then the glove is too small for you.

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5. Reasons to change gloves:

1) If you come in contact with feces or blood while working, remove the glove using the universal precaution method.

(Demonstrate how to remove without touching the outside of the glove to the hand.)

2) Throw the gloves in the regular trash.

3) Wash your hands with warm water and soap for at least 30 seconds.

4) Put on a new pair of gloves.

Remember that a glove can only prevent injuries and diseases if worn while doing your job.