

# safety matters

Restaurant  
Toolbox Talks - Protect Your Hands

From your safety partners at Gallagher Risk Management -  
Tulsa

## Do Your Part to Protect Your Hands

Of the many tools that we have available, our hands are the most valuable. They provide us with the dexterity necessary to perform precise maneuvers that even the most advanced technology cannot replicate. Even the simplest tasks are difficult for a person that does not have full use of his or her hands.

Everyday tasks can put your hands at risk. Hand injuries on the job are quite common, but many are preventable. There are many things you can do to keep your hands safe—here are a few of the most common. Do not allow yourself to be the victim of a preventable hand injury!

### Make Use of Guards

Never operate any kind of power tool that does not have a working guard to protect your hands. Always unplug machinery when you have to reach into it for any reason. Immediately replace guards whenever you remove them. When safety guards are absent from tools, an employee's hands, fingers and arms can easily be severely injured.

### Wear Gloves

Always protect your hands by wearing work gloves when handling rough materials or using your hands to lift or move objects. An Occupational Safety and Health Administration (OSHA) study revealed that 70 percent of workers experiencing hand injuries were not wearing gloves. The remaining 30 percent were making use of damaged, inadequate or inappropriate types of gloves for the job. Choose the right glove

for the task at hand and inspect it thoroughly before use.

### Be Cautious of Sharp Objects

Utilize the correct safety procedures when handling knives, box cutters and other sharp objects. Never attempt to pick up broken glass, nails or other sharp objects not meant for handling with bare hands; always use appropriate gloves or a broom.

### Remove Rings

No matter how much sentimental value they carry, rings put your hands in grave danger on the job. They can very easily catch on moving parts and objects, resulting in lacerations, amputations or broken bones. Always remove rings before beginning work.

### Stay Alert

Whenever you are using your hands to move an object, whether it is on a dolly or you are carrying it, be sure the doorways and aisles in your path are wide enough for you to move through safely before you start the job. When you set a heavy object down, be aware of the placement of your hands. Always be alert for possible pinch points.

### Speak Up

If you are unsure about the type of gloves you should be wearing to adequately protect yourself, or if you have any other issue regarding the protection of your hands on the job, talk to your supervisor. At Newk's Eatery-Protect Your Hands, we make your safety our first priority.

**Hand injuries on the job are quite common, but many are preventable. Don't allow yourself to be the victim of a preventable hand injury!**