Toolbox talk

Hand safety

Pinch points, gloves for the task, hand tools and line of fire.

Hands are in almost every task on a site, so they're in the way of almost every hazard. This talk covers pinch points, picking the right glove, hand tools, and where your hands are when something moves.

Key point **Keep your hands out from between anything you can't fully control.**

Pinch points and crush hazards

Pinch points are everywhere. Between materials, under suspended loads, around equipment, and during simple jobs like hooking up a trailer or stacking pallets. A lot of hand injuries start when someone reaches in to steady something that's shifting, or tries to "just move it a little."

Keep your hands out from between anything you can't fully control. Use a tool or push stick to guide material. Talk to the operator before anything moves. And don't assume a load is stable because it looks still.

Picking the right glove

The wrong glove can be almost as bad as no glove. Match the glove to the task: cut-resistant for sharp edges, impact-rated for heavy material, chemical-resistant for liquids, insulated for hot or cold work.

Fit matters too. Too loose and it catches on edges. Too tight and you lose your grip. Some jobs shouldn't be done in gloves at all, like work near rotating equipment or drill bits, where fabric can get pulled in.

Hand tools and guards

Hand tools are simple, and they still cause some of the most preventable injuries on a job. Cuts, slips and busted knuckles usually come from the wrong tool, the wrong technique or a damaged tool. Check it before you start: no cracked handles, dull blades, missing guards or loose parts.

Keep a solid grip and cut away from your body. If the task needs two hands, set the tool down first. Don't rush it and don't improvise.

Line of fire

Most serious hand injuries happen because a hand was right where the hazard ended up. Before you move a load, tighten a strap, guide a pipe or run equipment, stop and look at where your hands will be if something slips, shifts or fails.

Stay out of pinch zones, keep your fingers out from under loads, and don't count on having time to pull back if something moves.

Ask the crew

1. Where are the pinch points on the task we're doing today?
2. Is everyone in the right glove for what they're handling?
3. If this load shifts, where do your hands end up?

Crew sign-in

Hand safety

Date _____ **Site or project** _____

Presented by _____ **Company** _____

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Signing means you attended this talk and had the chance to ask questions.