

## **Safety Meeting Topic #32**

### **Hand Protection**

Hands and fingers need protection from injuries and other health hazards. OSHA requires employers to provide employees with hand protection to prevent: absorption of harmful substances, severe cuts, lacerations, abrasions or punctures, chemical, heat or electrical burns, extreme heat or cold, and blood-borne pathogens.

Gloves are an important form of hand protection. They provide an effective barrier between the hand and the hazard. Don't wear gloves if they create a greater hazard (e.g., catching in a machine).

Select gloves designed to protect against your specific job hazards. Insulated gloves protect against heat and cold. Choose fire-retardant materials for exposure to open flames. Choose reflective materials for exposure to radiant heat. Neoprene, rubber, vinyl, and other materials protect against chemicals. NO gloves protect against ALL chemicals, check the MSDS for instructions. Special insulated rubber gloves protect against electrical shock and burns. Metal mesh or other cut-resistant gloves protect against sharp objects. Leather gloves protect against rough surfaces, chips and sparks, and moderate heat. Cotton gloves protect against dirt, splinters, and abrasions, and help grip slippery objects. Cotton is not good protection for use with rough, sharp or heavy materials.

Other PPE can provide added hand protection. Hand pads can protect against heat, rough surfaces and splinters. You can't wear hand pads if you're doing delicate work. Thumb or finger guards or tapes can provide extra protection on dangerous jobs. Long cuffs, wristlets, and duct tape can keep chemicals and heat outside the gloves. Barrier creams can help protect skin when gloves can't be worn. However, barrier cream is not a substitute for a glove. Creams must be applied frequently and only on clean skin.

Inspect gloves before putting them on. Don't wear them if they're torn, cracked or otherwise damaged. Make sure they cover hands completely with a snug, but not uncomfortable, fit. Bandage cuts or scrapes before putting on chemical-resistant gloves.

Remove chemical-protective gloves with special care. Rinse gloves thoroughly before taking them off. Remove contaminated gloves so contamination doesn't touch your skin. Wash hands thoroughly after removing gloves. Place gloves in the proper containers for decontamination or disposal. Store clean gloves right side out, cuffs unfolded, in a cool, dark, dry place.

Take other precautions to protect your hands. Don't clean your hands with solvents or industrial detergents. Check materials for sharp edges, splinters, hot or cold temperatures etc., before handling them. Keep your hands away from moving machinery parts. Always cut away from your body.

Respond quickly and correctly to hand injuries. Chemical contact: wash skin thoroughly for 15 minutes. Cuts: If large and bleeding, apply direct pressure and raise hand over the shoulder. If small, wash with soap and warm water and cover with a sterile bandage. Use of antibiotic ointments is optional but suggested. Burns: soak a minor burn in cold water and cover with a sterile bandage. Get immediate medical help for a burn that's charred or blistered. Amputation: put the body part on ice and go with it to a hospital immediately. Broken bones: keep the hand still and get immediate medical attention.

Conclusion: Hands are always on the job and need protection against hazards. Wear the proper gloves or other hand protection and take every precaution to protect your hands against injury, burns, and exposure to hazardous substances.

Name \_\_\_\_\_ Date \_\_\_\_\_

**SAFETY MEETING #32 - HAND PROTECTION  
TRAINING QUIZ**

1. If your hands come in contact with chemicals, you should wash them carefully for \_\_\_\_\_.  
A. 5 minutes  
B. 10 minutes  
C. 15 minutes  
D. 30 minutes
  
2. If you get a small cut on your hand you should \_\_\_\_\_.  
A. Wash it with warm soapy water and bandage it  
B. Apply direct pressure  
C. Raise your hand over your head  
D. All of the Above
  
3. A burn that is charred or blistered should get immediate medical attention.  
A. True  
B. False
  
4. Antibiotic ointments are optional but suggested for cuts.  
A. True  
B. False
  
5. A serious burn can be soaked in cold water and bandaged.  
A. True  
B. False
  
6. If you get a large cut on your hand you should \_\_\_\_\_.  
A. Get immediate medical attention  
B. Apply direct pressure  
C. Raise your hand over your head  
D. All of the Above
  
7. Cotton gloves can protect you from bloodborne pathogens.  
A. True  
B. False
  
8. Hand protection can come in the form of \_\_\_\_\_.  
A. Gloves  
B. Hand Pads  
C. Barrier creams  
D. All of the above
  
9. Long cuffs, wristlets, and duct tape can keep chemicals out of gloves.  
A. True  
B. False

10. There are several different types of gloves for different types of uses.
  - A. True
  - B. False
  
11. Hand protection is an important factor in keeping your job.
  - A. True
  - B. False
  
12. Gloves protect against all chemicals.
  - A. True
  - B. False
  
13. If a body part is amputated you should \_\_\_\_\_.
  - A. Forget it and rush to the hospital
  - B. Put it on ice and go with it to the hospital immediately
  - C. Put it in milk and rush to the hospital
  - D. Pack it in mud and rush to the hospital
  
14. In some situations gloves present a greater hazard than help.
  - A. True
  - B. False
  
15. What should you do if you have a cut on your hand and have to work with chemicals?
  - A. Use a barrier cream on your hands under your gloves
  - B. Bandage your cut before putting on chemical resistant gloves
  - C. Wear two pair of chemical resistant gloves
  - D. None of the above