



# Hand Safety

## 手部安全

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# Hand Safety 手部安全

- The integrity of our hands is absolutely essential to our everyday functional living and they serve as the primary mechanism by which we complete most physical work. 手部完整是绝对重要的，他影响到每个人的日常生活，大部分的体力劳动是要通过手才能完成的。
- Historically, at least 1 out of every 3 serious injuries throughout LyondellBasell is directly related to the hand.  
从历史数据看，整个LyondellBasell公司每3人严重受伤的事件中至少1个是直接与手相关的。
- The loss of a thumb reduces hand function by as much as 40%!  
拇指的损失减少手部功能至少40%，！
- Imagine for a moment, not having the full use of 1 or both hands. 想象一下，没有完整的1只手或2只手
- How would this impact you? Your family? Your ability to complete normal tasks? 这将如何影响你？你的家人？你完成正常工作的能力？

**Need help for imagination? Try to button your shirt or try to tie your shoe now without using your thumb!**

可以帮助想象，试着不用拇指扣衬衫的纽扣，或者不用拇指系鞋带



# Hand Safety – Basic Anatomy

- The anatomy of our hands are complex, intricate, and fascinating. 我们手的解剖结构很复杂，复杂的，令人陶醉。
- Each hand has 27 bones with a series of nerves, joints, tendons, and muscles that control movement. 每只手有27个骨头，一系列的神经控制关节，肌腱和肌肉的运动
- While broken bones generally heal, damage to tendons and nerves can result in permanent disabilities and loss of function. 虽然断骨一般可以愈合，但是损害肌腱和神经可能会导致永久性残疾和功能丧失。



**Our hands are no match for any type of mechanical force or exposure to sharp objects. Any impact, crush, or laceration related injury can result in permanent damage. 我们的手都敌不过任何类型的机械力或尖锐物品。任何冲击，挤压，或撕裂相关的损伤可能导致永久性损坏。**

# Home Hand Safety 家庭中手的安全

- While we have mature risk management and PPE programs in place at our work sites, our hands are equally vulnerable at home. 虽然我们在我们的工作地点已经制定成熟的风险管理和PPE项目但是我们的手家庭在日常家庭生活中是同样脆弱的。
- The 2 most common hand injuries in the home are related to blunt trauma and lacerations. Other common causes of hand injuries at home include: 两种在家里最常见的手部受伤，都与钝性伤和割伤。手部受伤在家的其他常见原因包括：
  - Crush type injuries 碾压伤
  - Burns 烫伤
  - Pinch points 挤压伤

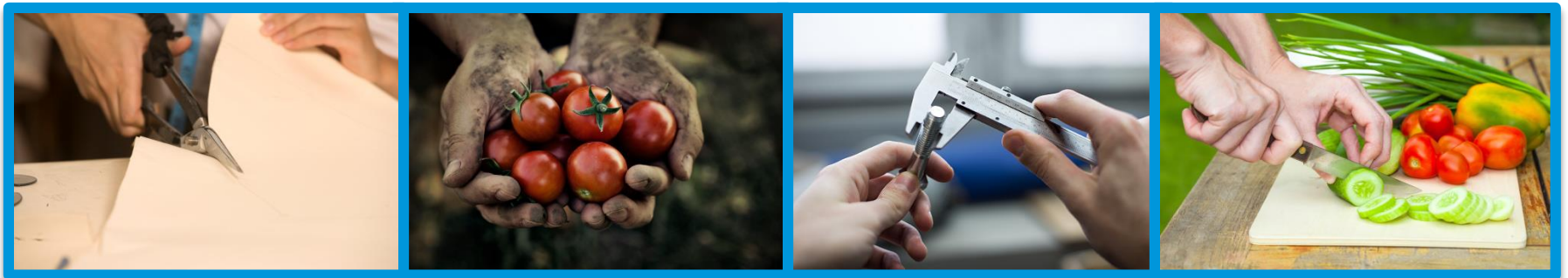
Hand injuries at home are most common while using power or hand tools, or participating in recreational activities.

而在家里使用电动或手动工具，或参加娱乐活动导致手部伤害是最常见的。



# Your Part! We Need Your Help! 你的一部分！我们需要你的帮助！

- Can you think of examples at home where your hands may be at increased risk of an injury? 你能想到一个在家里的例子，你的手可能是在受伤？
  - What about the living room? Any dangerous situations for your hands there? 在客厅怎么样？你的手有任何危险吗？
  - What about your individual hobbies? Are your hands exposed in different situations and how do you prevent an injury? 那你的个人爱好？你的手暴露在不同的情况下，你如何防止受伤？
- The following slides are some specific hand hazards that you may encounter at home, as well as injury prevention strategies. 下面的幻灯片是一些具体的危害，以及伤害预防策略，你在家可能会遇到。



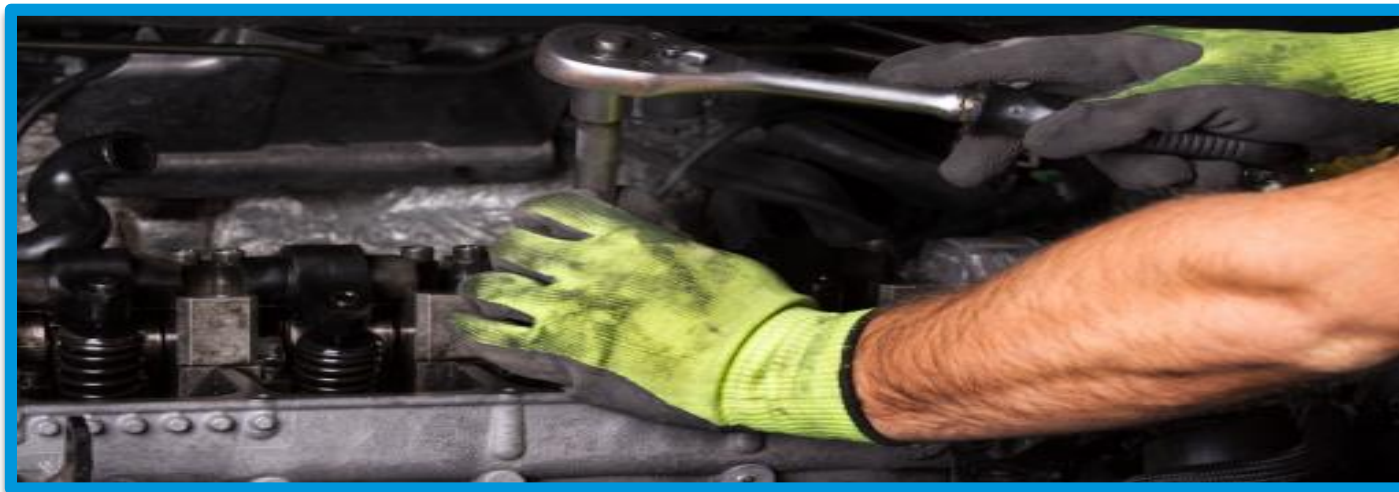
# Yard Work and Hand Safety 围场工作中手的安全

- **For lawn trimming and mowing:**对于修剪草坪:  
使用防切割手套时，有可能接触到切割刀片
  - Completely turn off equipment before adjusting, emptying, or servicing it in any way在设备调整，排空或以任何方式进行维修前必须完全关闭设备
  - Use cut resistant gloves when there is potential exposure to cutting blades有可能接触到切割刀片，使用防切割手套。
- **For application of fertilizer or insecticides:**
- 对于应用肥料或杀虫剂的：
  - Use hand protection to prevent exposure
  - 用手套保护，防止曝露
  - Wash hands after use使用后洗手
- **For general yard work:**对于一般的院子里工作：
  - Use hand protection while manicuring bushes and trees and while picking up trimmed branches and other landscaping materials.修指甲灌木和树木，或者拿起树枝修剪绿化时带手套保护手。
  - Avoid line of fire and pinch point hazards when stacking wood or dumping rock.堆木材或岩石时，避免火灾和夹点的危险。



# Garage Hand Safety 车库手安全

- Leave plenty of room between vehicles and ensure proper clearances from walls or other items that can create a pinch point hazard. 车辆与房子之间留下充足的空间，并确保墙壁与可以创建一个夹点的危险物品保持适当的空间。
- Ensure appropriate storage of sharp tools and protect blades so they do not present a hazard when reaching into drawers or toolboxes. 确保锐利的工具或刀片合适的存储，把它们放在抽屉或工具箱中，不存在危险
- Use caution when hanging or removing items from hooks or shelving. Ensure wall mounts are appropriate for the weight of the object. 从挂钩悬挂或移动物品时要小心。确保壁挂支架与物体的重量适合。
- Allow vehicles to cool down prior to maintenance to avoid exposure to hot surfaces. 车辆前冷却后维护，避免接触到高温表面。



# Kitchen Hand Safety 厨房中手的安全

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- **For the stove/oven** 对于灶具/烤箱
  - Use pot handles or thermal gloves for handing hot dishes. Avoid towels around the use of an open flame. 用手柄或隔热手套递给热菜。避免周围使用毛巾。
  - When reaching into the oven, slide the oven rack out 8-10 inches to help safely remove pans or other items. 当放入烤箱，滑动炉架8-10英寸，以帮助安全移除盘或其他物品。
  - Remove oven racks not in use to reduce the risk of a possible burn. 移除不使用的烤炉架，以减少可能烧伤的危险。
- **For carving/slicing/dicing** 对于雕刻/切割/切割
  - Always cut away from your body 总是从你身上切去
  - Use mechanical means such as a food processor if available for larger jobs. 使用机械装置，例如，如果可用于较大的作业食物处理器。
  - Use a finger guard when slicing fruits and vegetables 切片水果和蔬菜时，用手指护卫
  - Ensure knives are sharpened regularly as a dull knife requires more force to cut 确保刀锋利钝刀需要更多的力量来削
- **For opening cans/jars** 对于开罐
  - Use a rubber or silicone grip enhancer on a stable surface for tough to open glass jars. 使用橡胶或硅胶垫增强表面粗糙度，平滑的表面很难打开玻璃罐。
  - Use extreme caution when removing can lids – never reach into an open can 取下罐盖时要格外小心- 不要去碰开口的罐
  - Look for a can opener with a magnet or other mechanism that will automatically extract the lid. 寻找有磁铁或其他原理，会自动提取盖的开罐器。



# Hand Safety Summary 手安全概要

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- Your hands are unique tools that can not be replaced – Take care of them, you only have two! 你的手是唯一的工具，无法替代 - 照顾好他们，你只有两个！
- Because your hands are used in nearly every activity, they are constantly exposed to potential risks and hazards. 因为你的手在几乎所有的活动中使用，他们经常暴露于潜在的风险和危害中。
- Your hands may be **more** at-risk of an injury at home. Why is that?
  - We may not always apply the same safety focus at home that we do at work. 你的手可能在家时有更多的受伤风险。这是为什么？  
跟工作中比较我们可能并不总是在家里把安全放在焦点来关注。
- So how do we ensure appropriate hand safety at home? Fortunately, there is a company tool that you can take home to protect your hands... 那么，我们如何确保手在家里适当的安全？幸运的是，有一个公司的工具，你可以带回家，以保护您的手...

# Check Signals

## pre-task analysis



**WHAT COULD GO WRONG?**

**WHAT PRECAUTIONS SHOULD I TAKE?**

**CAN I DO THE JOB SAFELY?**

## Focus - Start to Finish

What is your reason for  
keeping your hands safe at  
home and at work?

