



Hand Safety

life  beats

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Hand Safety

- 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.
- Historically, at least 1 out of every 3 serious injuries throughout LyondellBasell is directly related to the hand.
- The loss of a thumb reduces hand function by as much as 40%!
- Imagine for a moment, not having the full use of 1 or both hands.
 - How would this impact you? Your family? Your ability to complete normal tasks?

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



Hand Safety – Basic Anatomy

- The anatomy of our hands are complex, intricate, and fascinating.
- Each hand has 27 bones with a series of nerves, joints, tendons, and muscles that control movement.
- While broken bones generally heal, damage to tendons and nerves can result in permanent disabilities and loss of function.



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.

Home Hand Safety

- While we have mature risk management and PPE programs in place at our work sites, our hands are equally vulnerable at home.
- 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:
 - Crush type injuries
 - Burns
 - Pinch points
- Hand injuries at home are most common while using power or hand tools, or participating in recreational activities.



Your Part! We Need Your Help!

- Can you think of examples at home where your hands may be at increased risk of an injury?
 - What about the living room? Any dangerous situations for your hands there?
 - What about your individual hobbies? Are your hands exposed in different situations and how do you prevent an injury?
- The following slides are some specific hand hazards that you may encounter at home, as well as injury prevention strategies.



Yard Work and Hand Safety

- **For lawn trimming and mowing:**

- Completely turn off equipment before adjusting, emptying, or servicing it in any way
- Use cut resistant gloves when there is potential exposure to cutting blades

- **For application of fertilizer or insecticides:**

- Use hand protection to prevent exposure
- Wash hands after use

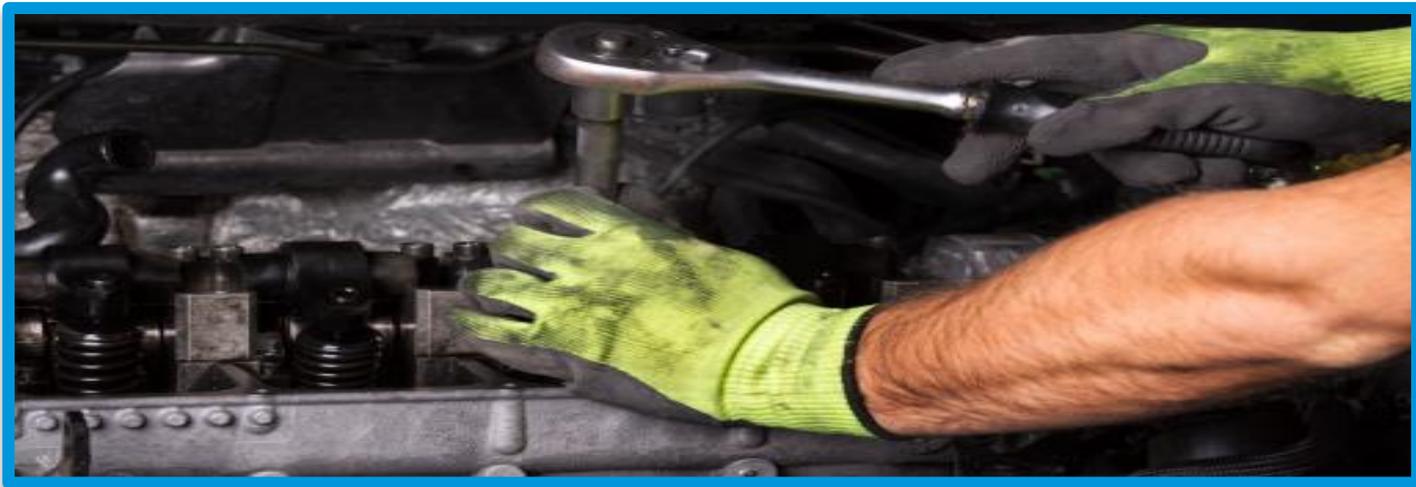
- **For general yard work:**

- Use hand protection while manicuring bushes and trees and while picking up trimmed branches and other landscaping materials.
- Avoid line of fire and pinch point hazards when stacking wood or dumping rock.



Garage Hand Safety

- Leave plenty of room between vehicles and ensure proper clearances from walls or other items that can create a pinch point hazard.
- Ensure appropriate storage of sharp tools and protect blades so they do not present a hazard when reaching into drawers or toolboxes.
- Use caution when hanging or removing items from hooks or shelving. Ensure wall mounts are appropriate for the weight of the object.
- Allow vehicles to cool down prior to maintenance to avoid exposure to hot surfaces.



Kitchen Hand Safety

- **For the stove/oven**

- Use pot handles or thermal gloves for handing hot dishes. Avoid towels around the use of an open flame.
- When reaching into the oven, slide the oven rack out 8-10 inches to help safely remove pans or other items.
- Remove oven racks not in use to reduce the risk of a possible burn.

- **For carving/slicing/dicing**

- Always cut away from your body
- Use mechanical means such as a food processor if available for larger jobs.
- Use a finger guard when slicing fruits and vegetables
- Ensure knives are sharpened regularly as a dull knife requires more force to cut

- **For opening cans/jars**

- Use a rubber or silicone grip enhancer on a stable surface for tough to open glass jars.
- Use extreme caution when removing can lids – never reach into an open can
- Look for a can opener with a magnet or other mechanism that will automatically extract the lid.



Hand Safety Summary

- Your hands are unique tools that can not be replaced – Take care of them, you only have two!
- Because your hands are used in nearly every activity, they are constantly exposed to potential risks and hazards.
- 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.
- 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...

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?

