

Job site: _____
 Foreman: _____

Date: _____
 G.C. _____

SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3>Hand Injuries</h3> <ul style="list-style-type: none"> Your hands are outstanding tools, assisting you in nearly every function, from tying your shoes, to pouring your coffee, to punching your time card, to driving home from work at the end of the day. Each hand has 27 bones, 24 muscles, and more than 30 joints and pivotal points. Seven to eight muscles must coordinate to move just one finger. Your hands and what you can do with them can make you a skilled, valuable worker. However, most people are not conscious of protecting their hands. Often, after a hand injury, the hand may not function as it did before the injury. There may be loss of motion, loss of dexterity, loss of grip, and loss of the ability to complete the simplest of tasks. A hand injury could even affect your ability to earn a living. To avoid hand injuries, know the hazards and dangers on the job. Be aware of: <ul style="list-style-type: none"> In-running nip points (pinch points) where two parts run together such as wheels, pulleys, rollers, sprockets, etc.; hot areas that might cause burns; and rotating or moving surfaces such as drills and saw blades. Protective gloves should be used when the job requires it. Use the proper gloves when working with rough surfaces. Use rubber or polymer gloves when working with chemicals. Avoid using or wearing gloves when working on or with rotating objects or machinery. Never remove or modify existing machine guards. Do not operate machinery without being familiar with appropriate guarding methods. Overuse and improper care of your hands can also cause injury over time, which may develop into arthritis, carpal tunnel syndrome, or other hand disabilities. If you feel your hands beginning to ache or becoming numb, tell your supervisor and make an appointment to see a doctor as soon as possible. 	<h3>Instructor Tips</h3> <ul style="list-style-type: none"> Ask workers to describe any hand injuries they may have had in the past and how it affected their performance at work (e.g., hit thumb with hammer, cut finger or palm of hand, etc.). Point out the importance of cleaning cuts and scrapes, and the danger of infection if a wound is left untreated.
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