Jobsite:	Date:		
Foreman:	G.C.		

Hand Protection

- Although some are severe and others are minor, hand injuries occur
 frequently in sheet metal work. Workers need the use of their hands to
 do their jobs effectively and efficiently. It's important to protect your
 hands from obvious hazards.
- Obvious hand hazards include:
 - anywhere hands or fingers can get pinched between materials or equipment (e.g., pinching your hands between a heavy object and the concrete floor when setting the object down);
 - In going nip points such as power rollers
 - sharp, jagged edges, such as handling metal, especially stainless steel, spiral duct and demo duct;
 - hand jewelry caught in tools, machines or equipment;
 - tools and machines that are not protected by guards; and
 - chemical burns.

Toolbox Talks for the Sheet Metal Industry

SMOHIT Safety Sense

- Stay alert to avoid pinch hazards. Plan your work and think about potential hand hazards before they occur.
- Many cuts occur when a sharp object slips. Wear non-slip, cut resistant gloves when handling sheet metal or any object with sharp edges, but not around moving machinery that may grab a glove.
- Always wear welding gloves when welding, or whenever you are exposed to hot metal and sparks.
- Remove hand jewelry (e.g., rings, watches, bracelets, etc.) before you begin work.
- Check for guards on tools and machines that are required to have them. Don't by-pass existing guards. Use tool extensions if needed. If a guard is missing, broken or otherwise defective, do not use the tool or machine and report the missing guard to your supervisor.
- Use neoprene gloves when working with acids, solvents or other chemicals. Use chemical resistant gloves for work with detergents and adhesives. If you are not sure what type of gloves to use, refer to the MSDS.

Instructor Tips

- Challenge workers to try to perform their work duties without using their hands.
- Emphasize the importance of workers' hands and the importance of hand protection.
- Demonstrate the danger of different tools (e.g., saw, drill, knife, etc.) to a worker's hands.
- Emphasize the hazards of wearing hand jewelry to work.

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OSHA Regulations: 1910.138