

Hand CARE Program

Introduction

- . What does Hand CARE stand for?
- . Not just a hand safety program.
- . **Commitment** – Management and Employee
 - . Making hand safety a priority
- . **Accountability** – Supervisors and Team Members
 - . Stop. Discuss. Fix. Share. Find.
 - . Report and document
- . **Responsibility** – Due diligence and regulation
 - . OSHA Regulation 29 CFR 1910.138 – Hand protection
 - . Hand and Portable Powered Tools and Equipment (29 CFR 1910.242)
 - . Control of Hazardous Energy – Lockout/ Tagout (29 CFR 1910.147)
 - . Machinery and Machine Guarding (29 CFR 1910 Subpart O)
 - . Setting Personal Rules of Safety for you and others
- . **Error Elimination** – Human factors and Root Cause
 - . Carelessness
 - . Lack of awareness
 - . Boredom
 - . Disregard for safety procedures
 - . Distractions
 - . Failure to train
 - . Failure to understand risk/consequences
 - . Rushing
 - . Experience excuse
 - . Poor tool choices

Introduction to Your Hands and Their Importance

- . Postures and Movements
- . Biomechanical, Physiological and Anthropometric Background
- . Postures
- . Movements
- . Injuries that are likely and why
- . Practical Exercises
- . Peer Experiences – Incidents or near misses
- . Why hand and finger injuries are more than just physical.
- . Its too late to think about after the damage

Information and Operation – Why people fail to heed warnings.

- . The Operator
- . The Supervisor
- . Understanding of Risk
- . Controls For Operation
- . Dialogues to Have

Summary Checklist

Physical and Environmental Causation Factors

Overview

Mechanical

- Severe cuts or lacerations

- Severe abrasions

- Punctures and Penetrations

- Amputation

- Degloving

- Hand Tool Usage

- Distraction -Noise, Warnings, Machine Operational Norms

- Jewelry

Vibration - HAVS

Illumination and Lighting

Climate

Chemical Substances

- Skin absorption of harmful substances

- Chemical burns

Thermal burns

Harmful temperature extremes

Musculoskeletal Issues

Summary Checklist

Work Organization Jobs and Tasks

- Tasks – Repetition vs Force

- Tasks – Risks and Hazards

Jobs

- Complete Job Safety Assessment for Hands

- PPE – Gloves – Types, sizing, and care

- Signage – Warnings and Labels

Work Organization

- Training – Appropriate and annual

- Establish and follow best practices

- Provide proper PPE

- Process Selection and Maintenance of cutting tools

- Knife Safety Program

Individual

- Future and Family

- Personal Hand Care

- Hand Stretches

- Proper decision making

- Reporting of Issues and Injuries - Immediately

- Proper PPE

- Watching out for coworkers

Summary Checklist

The Human Factors Approach to Eliminating Hand Injuries

- Evaluate the Risk

- Engineer Out Risk

- Educate about Risk

Eye out for coworkers
Encourage Everyone
Evaluate Effectiveness
 CARE Progress Checklist
Sources of Additional Information