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Hand and Eye Injuries

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Supervising Safety Newsletter

During last year's Unit One outage, fourteen injuries were reported. Of those fourteen injuries only two did not affect the hands or eyes of those who reported them. Our hands and eyes are vital to the profession that we all work in. If we don't do all that we can to protect them, our life can be changed in an instant.

HAND PROTECTION

Every year in the manufacturing, construction, and service industries about 150,000 injuries to the hands and fingers are reported. No wonder this is the case with virtually all jobs in these industries requiring the use of hands. However, this fact does not justify such a large number of hand and finger injuries.

With the use of gloves, hazards are more manageable in tasks that involve working with chemicals, glass, sheet metal, electricity, hot materials, and slippery objects. Gloves are specially designed according to the type of work you need to perform. Some may be made of leather or rubber, while others may be electrically insulated or nitrile coated.

Gloves are readily available for all employees in the Warehouse. Be sure to know what type of glove is needed to perform the task or assignment that has been given. Gloves are a great way to help protect against hand injuries, when the correct glove is used.

Keep in mind that the risk of accidents are higher when wearing gloves while operating power tools or machinery. This increases the risk of entanglement. This has been the case in many incidents that have led to the loss of hands or fingers.

EYE PROTECTION

Wearing eye protection is not just a requirement at IPSC, it is a necessity. Wearing eye protection is a simple way to keep the eyes protected from seen and unseen hazards. Eyes are delicate and very easy to damage. A hard blow is not necessary to cause injury.

In fact, all it takes is a tiny sliver, a speck of metal, a particle of dust, or trace of chemical to do a great deal of damage to the eyes.

If you are exposed to or walking through areas that have dust, metal shavings, grinding wheels, flying wood debris, or other workplace hazards, ensure that the proper eye protection is worn to truly protect the eyes. If it is not worn, it is possible to lose the precious gift of sight.

Here are a few tips when using eye protection:

- Make sure glasses or other face protection fit. If glasses do not fit properly, you might be tempted not to wear them. If safety glasses slip, seem crooked, or are too tight, take a few minutes to adjust them properly.
- Keep glasses and other forms of face protection clean. Dirty lenses lessen visibility. Wash regularly with mild soap and water or eyeglass cleaner, then polish with a soft dry cloth or a tissue. Anti-dust and anti-fog spray work well on both glass and plastic lenses.
- Keep glasses in a case when not in use. Pits, scratches, or other damage can result if glasses are placed in a pocket or tossed in a toolbox. Damage to lenses can lessen impact resistance, resulting in less than full protection.



Please remember during this year's outage to be extra vigilant in protecting your hands and eyes. A little pre-planning and using the available PPE properly will help employees avoid injury to hands and eyes.