

Why?

Hands are one of the most frequently injured body parts in the workplace. Protecting your hands is crucial to prevent injuries and ensure you can continue to work safely and effectively.



What?

- ✓ Common hazards that can cause hands injury are blades, knives, moving parts, chemicals, hot surfaces.
- ✓ Use appropriate gloves, suitable for the task, fit properly and in good condition.
- ✓ Keep your hands away from moving parts and sharp edges.
- ✓ Select appropriate tools for the task, in good conditions, and use as intended.
- ✓ Know first aid procedures to minimize severity of hand injuries.

Questions

Open-ended questions

- What are common hand hazards in your daily work, and how do you protect yourself?
- Why is it important to match the glove type to the task?
- What could happen if you use a tool for something it wasn't designed for?



Experience-based questions

- Have you or someone you know had a hand injury at work? What caused it, and what changed afterwards?
- Can you share an example of when the right glove or tool helped prevent an injury?
- Have you ever skipped using hand protection? Why, and what was the outcome?



What would you do?-questions

- You see a co-worker using a knife without gloves, and the tool looks worn out. What do you do?
- Someone is reaching near a moving machine part to clear a jam. How would you intervene?
- You are unsure which gloves to use for a task involving chemicals. What steps should you take?



Spot the improvement-questions

- How can we improve access to proper gloves and hand tools in our work area?
- What could be done to make hand safety a stronger habit in our daily routines?
- Where do you see opportunities to reduce hand risks with better tools or practices?

