

Hand and Arm Safety and PPE Overview

Refer to sign-in sheet for attendees (note: a separate meeting should be held with all absent employees).

1. Overview:

OSHA requires employers to select and require employees to use appropriate hand protection when employees' hands are exposed to hazards such as those from skin absorption of harmful substances; severe cuts or lacerations; severe abrasions; punctures; chemical burns; thermal burns; and harmful temperature extremes. This applies equally to the arms. Over 100,000 lost time hand and arm injuries typically occur every year in the workplace. Hand and arm injuries can be prevented if the hazards are recognized and with the proper selection and use of hand and arm protection.

2. Hand and Arm PPE for the Workplace:

Hand and arm protection is either the use of some variety of gloves or gauntlet sleeves. Gloves and sleeves are made from very specific materials depending on the hazard for which they are designed to provide protection. Employees must use the correct hand and arm protection for the hazard in accordance with the employer's requirements and their hazard assessment.

Employers must:

- Perform hazard assessments of the workplace and implement measures to protect employees from the identified hazards including the selection and use of hand and arm PPE.
- Where feasible use engineering controls to eliminate/reduce hand and arm hazards in the workplace.
- Ensure machine guards are maintained and in-place to prevent employee access to machine hazards.
- Provide hand and arm PPE appropriate for the identified hazards.
- Train employees on the proper donning, doffing, storing and maintenance of hand and arm PPE.

The following are typical workplace hazards which may require hand and arm PPE:

Hazard Type	Common Related Tasks
Puncture, cuts or lacerations	Equipment operation, cutting tools, power tools
Crushed, fractures, amputations	Equipment operation
Strains, sprains and other musculoskeletal injuries	Repetitive motion tasks.
Thermal and chemical burns	Working with high temperature equipment and with chemicals.
Dermatitis and other skin disorders	Working with chemicals

Employers must:

- Receive employer provided hand and arm protection training.
- Wear employer required hand and arm PPE.
- Inspect PPE prior to each use to ensure it is in good condition. Do not use defective or damaged hand and arm protection.
- Don, doff, store and maintain hand and arm protection in accordance with PPE manufacturer's requirements and their employer's training and requirements.
- Operate equipment only if required guards are in-place and in good condition. Never by-pass a guard.
- Report to their Supervisor if there are any issues, concerns or questions regarding the selection and use of hand and arm protection.

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3. Discussion:

- Discuss the hand and arm hazards in your workplace.
- Discuss whether you have all of the appropriate types of hand and arm protections that you need for the type of work that is done in your shop.

4. RECAP/REVIEW:

- Review your company policy for wearing hand and arm protection.

5. Reminder:

- Safety is the responsibility of both management and employees!

Next Safety Meeting is scheduled for _____ and the topic will be _____.

Take Exam / Review Results

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