



## ***CLEVELAND INTEGRITY SERVICES, INC.***

### **Hand Protection**

**Goals:**      **This safety session should teach employees to:**

- Understand job-related hazards that could harm hands.
- Know how to select and use gloves to protect hands.

**Applicable Regulations: 29 CFR 1910.132, .138**

#### **1. Hands and Fingers Need Protection from Injuries and Other Health Hazards**

OSHA requires employers to provide employees with hand protection to prevent:

- **Absorption** of harmful substances
- **Severe cuts, lacerations, abrasions, or punctures**
- **Chemical, heat, or electrical burns**
- Extreme **heat** or **cold**
- Bloodborne pathogens

#### **2. Gloves Are an Important Form of Hand Protection**

They provide an effective barrier between the hand and the hazard.

- Don't wear gloves if they create a greater hazard; e.g., catching in a machine.

#### **3. Select Gloves Designed to Protect Against Your Specific Job Hazards**

- **Insulated** gloves protect against heat and cold.
  - Choose fire-retardant materials for exposure to open flames.
  - Choose reflective materials for exposure to radiant heat.
- **Neoprene, rubber, vinyl,** and other materials protect against chemicals.
  - No gloves protect against all chemicals; check the MSDS for instructions.
- **Special insulated rubber** gloves protect against electrical shock and burns.
- **Metal mesh** or other cut-resistant gloves protect against sharp objects.
- **Leather** gloves protect against rough surfaces, chips and sparks, and moderate heat.
- **Cotton** gloves protect against dirt, splinters, and abrasion and help grip slippery objects.
  - Cotton is not good protection for use with rough, sharp, or heavy materials.

#### **4. Inspect Gloves Before Putting Them On**

- Don't wear them if they're torn, cracked, or otherwise damaged.
- Make sure they cover hands completely with a snug, but not uncomfortable, fit.
- Bandage cuts or scrapes before putting on chemical-resistant gloves.



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### **5. Other PPE Can Provide Added Hand Protection**

- **Hand pads** can protect against heat, rough surfaces, and splinters.
  - You can't wear hand pads if you're doing delicate work.
- **Thumb or finger guards or tapes** can provide extra protection on dangerous jobs.
- **Long cuffs, wristlets, and duct tape** can keep chemicals or heat outside the glove.
- **Barrier creams** can help protect skin when gloves can't be worn. However, a barrier cream is not a substitute for a glove.
  - Creams must be applied frequently and only on clean skin.

### **6. Remove Chemical-Protective Gloves With Special Care**

- Rinse gloves thoroughly before taking them off.
- Remove contaminated gloves so contamination doesn't touch your skin.
- Wash hands thoroughly after removing gloves.
- Place gloves in the proper containers for decontamination or disposal.
- Store clean gloves right side out, cuffs unfolded, in a cool, dark, dry place.

### **7. Take Other Precautions to Protect Your Hands**

- Don't clean your hands with solvents or industrial detergents.
- Check materials for sharp edges, splinters, hot or cold temperatures, etc., before handling them.
- Keep your hands away from moving machine parts.
- Always cut away from your body.

### **8. Respond Quickly and Correctly to Hand Injuries**

- **Chemical contact:** Wash skin thoroughly for 15 minutes.
- **Cut:** If large and bleeding, apply direct pressure and raise hand over the shoulder.
  - If small, wash with soap and warm water and cover with a sterile bandage.
- **Burn:** Soak a minor burn in cold water and cover with a sterile bandage.
  - Get immediate medical help for a burn that's charred or blistered.
- **Amputation:** Put the body part on ice and go with it to a hospital immediately.
- **Broken bones:** Keep the hand still and get medical attention.

### **Conclusion: Hands Are Always on the Job and Need Protection Against Hazards**

Wear the proper gloves and take every precaution to protect your hands against injury, burns, and exposure to hazardous substances.