

# Cut Out Cuts

## Help your hands so they can help you

Your hands are exposed to injury perhaps more than any other part of your body simply because you use them so often. However, you can prevent hand injuries if you're aware of the potential hazards and take the proper precautions.

Workplace hazards that can result in cuts or puncture wounds include:

- ✂ **Cutting tools** such as hand or circular saws, knives, box cutters, scissors, and other bladed tools
- ✂ **Sheet metal** and other finished forms and scrap, which almost always have sharp edges and burrs that can tear the skin
- ✂ **Broken glass** which is particularly dangerous because your first impulse is to pick it up with your bare hands rather than sweeping it up with a broom
- ✂ **Protruding nails and staples** when handling wooden crates, stapled cardboard cartons, empty pallets, etc.
- ✂ **Appliances** such as food processors, blenders, and meat slicers

You can avoid hand injuries by wearing cut resistant gloves, carefully handling sharp or pointed tools, paying attention to what you are doing, avoiding distractions, and storing sharp or pointed tools safely with the blade sheathed or pointing away from you.