

Instructions for Hand Protection Toolbox Talk

Goal: To raise awareness of the consequences of hand injuries

You will need:

- Master Page: We have put discussion notes/prompts on this page. (Page 2 of this document.)
- Team Discussion Sheet (You can add your company's logo to these pages. Click on blank area next to Quest logo. A text box should appear. Paste logo in box. (Page 3 of this document.)
- Occupational Hand Injuries by the Numbers infographic
- Tape - tape from a first aid kit may be easiest to remove when activity is over.
- Index cards or paper to explain tasks- optional
- Optional props if needed for tasks

Guide:


1. Pass out the team discussion sheet. Box 1: Discuss the reasons workers might not consistently wear safety gloves. Start with a broad discussion about workers in general and move into specifics that deal with your industry and jobsite.
2. Review the infographic Occupational Hand Injuries by the Numbers.
3. Box 2: Ask for the top reasons for hand injuries. Ask for opinions etc.
4. Have team read through the stories on the Team Discussion Sheet.
5. Box 3: Discuss the stories and tie this in with box 3: Solutions to Avoid Hand Injuries.
6. Opening for activity: **No Thumbs Challenge:**

Ask team if they have ever really considered the consequences of a significant hand injury and the impact it would have on their life. Which thumb/finger would be easiest to live without? This next activity will give you a chance to find out.

Team members will be required to have a thumb or finger taped down so it cannot be used while completing a task. Either hand out index cards explaining the person's tasks or detail the task verbally. You can have people do a task individually while other watch or have two people each do a task at the same time to see who can finish first. Success may depend on how fun and competitive your team is.

Tasks for No Thumbs Challenge:

- Tie shoes/boots
- Remove shirt, put shirt back on and button
- Get something out of your pocket
- Locking/Unlocking door a car/truck door
- Writing
- Text using your phone
- Catch ball
- Open a bottle (with a child proof lid would be even harder.)
- Open a package of string cheese



Share a video of your teams' challenge to Quest's Facebook page for a chance to win a prize!

Deadline for posting video clip is March 29th. Winners will be announced by April 15th.



Toolbox Talk

Hand Protection

Mike's Story

Mike, a utility field worker in OH, picked up a new pair of gloves at a local DIY store on his way to work. They looked just like the gloves he had been wearing the past year but were more comfortable. Within days of the glove purchase, Mike was rushed to the local emergency room, requiring 14 stitches on the back of his left hand. Mike's laceration was so bad that he was off work for two weeks and had to temporarily change work duties for an additional month. Mike's company later found out the gloves he had been using were general purpose gloves, not the cut protection gloves chosen by his safety manager.

Rick's Story

Rick operates a hydraulic press for a mid-sized car-parts manufacturer in Michigan. Rick lost two fingers on his right hand after he removed his glove to clear a jam in the machine.

Jason's Story

Jason is an experienced construction worker and has always taken safety seriously. Since he was finished with his work for the day he had removed his PPE. Just as he was getting in his truck an apprentice asked for help. No problem, just a two minute task. That two minute task landed Jason in the emergency room with a puncture wound from a drill bit.

Reasons Workers Might Not Consistently Wear Safety Gloves



- Habit
- Discomfort
- Poor Fit
- Lack of Dexterity / Control
- Lack of Understanding in Work Practices
- Unappealing Design

Top Reasons for Hand Injuries



- Workers not wearing safety gloves
- Workers wearing improper safety gloves

Solutions to Avoid Hand Injuries



- Only company-approved PPE allowed
- Get worker input on glove to increase compliance
- Find gloves to fit individual tasks – dexterity, cut protection
- Find ways to keep workers alert/vigilant on safety.

Handouts / Activity



- Toolbox Talk Worksheet
- Hand Injuries by the Numbers Infographic
- No Thumb Challenge



Toolbox Talk

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Top Reasons for Hand Injuries



Solutions to Avoid Hand Injuries

