

TT086 – Protecting your hands is as easy as 1-2-3

Note - For this toolbox talk you will need one pair of the following types of gloves. General handling, cut resistant, impact resistant and chemical resistant gloves. It is also recommended that you have the Protecting your hands is as easy as 1-2-3 Glove safety sign. The toolbox talk is longer than most as it's been designed to cover a lot of areas.

For better engagement try to complete the toolbox with small groups of 10-15 people.

FRL Site Managers are not experts however we do have a fully engaged EHS team and suppliers who can assist with glove selection and queries.

Hand Protection Safety

Our hands are the most used body part at work and at home it's also the most injured body part too.

With this toolbox we are going to talk about hand protection which is obviously to prevent your hands and fingers from getting hurt but also why we should wear it.

Trivia

- How many bones have we got in our hands? **27**
- How many muscles have we got? **30**

That's a lot of moving parts and it doesn't even include all the tendons and ligaments that we have to hold them all together and keep them moving.

- Cuts and lacerations to the hands are one of the top workplace injuries on our sites.
- They hurt, and can side-line you for days, weeks and in some cases, even permanently.
- If you think about it just about every job requires a worker to have healthy hands.

Within the last **2-years an average of 70%** of hand injury's recorded could have been prevented by wearing the correct hand protection.

Personal story

If you feel comfortable you can share a personal story of a hand injury incident you had on site or maybe heard of, if you don't have one try this below.

An example of this was a carpenter who was cutting building paper with a knife, the individual was cutting towards themselves and slipped, and the knife sliced the back of their hand between their thumb and index finger. The incident meant the worker needed stitches and repairs to tendons. Hand rehabilitation was needed, and they had approximately 6-weeks off work. This incident happened over 10-years ago, and they still suffer from pain on cold days, occasionally they don't have proper feeling or movement. This has affected activities such as cycling and surfing.

So, if they had some cut resistant gloves, they would have reduced the injuries severity and may have even prevented the slip.

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Protecting your hands is as easy as 1-2-3

Ensure you have the right type of glove, the right size and the right condition before commencing your task.



Protect your hands

Protecting your hands is as easy as 1•2•3

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RIGHT TYPE

Ensure the gloves you're wearing are the right type for the specific hazards associated with your task.

Precision Works

- General handling
- Precision works
- Assembly & High dexterity works
- Mechanical fitting

Nitrile Gloves

- Chemical handling
- Painting

General Handling

- General handling
- Carpentry works
- Landscaping

Mechanical Handling

- General handling
- Carpentry work
- Mechanical fitting
- Scaffolding
- Rigging

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RIGHT SIZE

Always use gloves that fit correctly. Incorrectly fitting gloves have the potential to cause harm.

Size guide

Use our handy size guide to ensure the best fit for your gloves.

Place your hand on the diagram and align you index finger and thumb on the red line as indicated. This will show the correct size for you.

If you're in-between sizes please try the smaller size first.

Gloves Sizing Comparison						
Letter Sizes	UK	US	EU	CM	INCH	MM
Small	6	7	6	190	7 1/2	190
Medium	7	8	7	200	8	200
Large	8	9	8	210	8 1/2	210
Extra Large	9	10	9	220	9	220

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RIGHT CONDITION

Regularly inspect gloves for signs of wear and tear. Gloves that are worn out or damaged should be replaced before commencing your task.

Consider the above when selecting your glove

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What's EN388 about?

EN388, is the European Standard for glove protection now if you all have a look at your gloves there should be a shield logo with EN388 on the top and some numbers below. The question is what do those numbers mean?

Test	Rating
Abrasion (cycle)	Level 4
Cut (Coupe Test)	X
Tear (N)	Level 4
Puncture (N)	Level 3
Cut (TDM-100 Test)	Level F
Impact protection	Achieved

These numbers represent that gloves rating achievement to a range of mechanical tests. Tests are completed on Abrasion, Cut, Tear, Puncture and Impact.

Test		Rating scales	Rating scale explained
1 st	Abrasion (cycle)	1 to 4	1 = The lowest performance level whilst 4 = The highest performance level.
2 nd	Cut (Coupe Test)	1 to 5	1 = The lowest performance level whilst 5 = The highest performance level.
3 rd	Tear (N)	1 to 4	1 = The lowest performance level whilst 4 = The highest performance level.
4 th	Puncture (N)	1 to 4	1 = The lowest performance level whilst 4 = The highest performance level.
5 th	Cut (TDM-100 Test)	A to F	A = The lowest performance level whilst F = The highest performance level.
6 th	Impact protection	P, F & X	P = Passed, F = Failed

X = Not Tested

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RIGHT TYPE

Now there are many glove types and here are just a few,

During this part of the TBT. Show the gloves to the participants and pass them around. Recommended gloves to show are in blue.

<p>General manual handling gloves – <i>Razor X540, Greentek Cut HD, Greentek Air.</i></p> <p>We should wear these working with tools, equipment or materials that can cause, cuts, lacerations, splinters, punctures, abrasions, or fractures.</p>	
<p>Precision task gloves - <i>Greentek Cut HD, Greentek Air.</i></p> <p>We should wear these for low cut risks tasks that may require a degree of precision i.e. joinery, assembly. But can be used for handling of materials.</p>	
<p>Chemical resistant gloves – <i>Latex, Nitrile & the NXG Grip FC.</i></p> <p>Used when we work with harmful substances these could be liquid or dry that we can absorb through are skin they can give use irritations like dermatitis, chemical burns and in some cases lead to cancers.</p> <p>It's important though that you check your SDS that the material protecting you won't react with the chemical you are working with. i.e. A good example is Latex. Latex degrades over time with hydrocarbons.</p>	
<p>Impact resistant gloves – <i>MEC DEX Rough Handler Flex Cut F</i></p> <p>Designed to help prevent hand injuries in work environments with high risks of impact hazards. The gloves have shock absorbing properties and offer high durability for bending, stretching, and moving.</p>	

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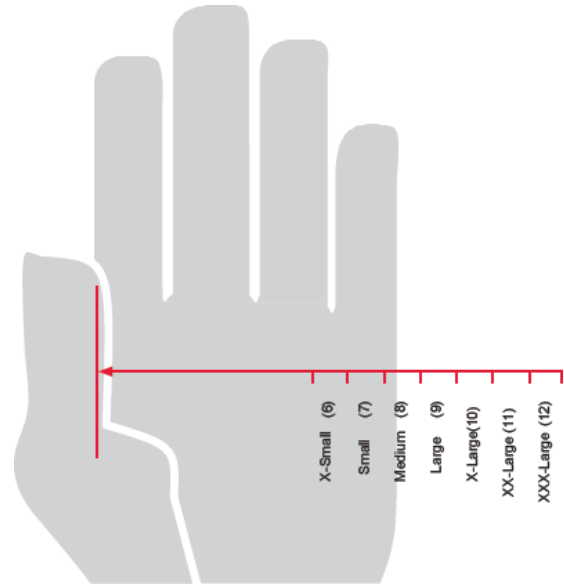
RIGHT SIZE

A common complaint is that the gloves are uncomfortable and awkward, which can make the job more difficult. But there are so many gloves out there right now designed for handling of big materials and equipment to installing small intricate components, so you need to make sure you get the right type of glove and the right size.

Let's just think about that for a second you wouldn't come to work wearing boots twice your size as it would be dangerous and impractical. So why would you wear gloves that don't fit?

Remember we want dexterity and comfort to do our jobs so try a few sizes and make sure you get that snug comfortable fit.

To help we have size guides onsite to help you get an idea of what size you will be.



RIGHT CONDITION

Unfortunately gloves just won't last forever as our tasks will slowly wear the gloves out causing them to tear and have holes. This is a lot better than having hurt hands however damaged gloves can pose a serious risk as they can get caught in machinery and plainly, they just aren't protecting our hands.

So, make sure you regularly inspect gloves for signs of wear and tear and replace damaged gloves before commencing your task.



