

PROTECTING YOUR BODY & SENSES: HANDS & FEET



How many your works are, O Jehovah! You have made all of them in wisdom.

(Psalm 104:24.)



Our hands and feet are instruments of amazing precision. With our hands, we can turn a screwdriver, prepare a meal or type on a keyboard. We can construct buildings or convey warmth and affection. Our feet allow us to flee from danger, walk to our assignment, maintain our balance, and work safely. Given their importance, please note some ways to protect them from harm.



Consider the tasks performed with your hands and discuss:

1. Which of the hazards listed applies to you.
2. Which type of glove you should wear.
3. Other practical steps you can take to protect your hands.

Consider the hazards your feet are exposed to and discuss:

1. Any questions concerning what footwear is appropriate.
2. If your work requires any additional foot protection.
3. Other practical steps you can take to protect your feet.

HAZARDS



- Lacerations
- Burns
- Punctures

- Crushing
- Contusions
- Vibration

- Chemicals
- Amputations
- Sprains/Strains



What to Wear?

Appropriate PPE should be worn on any construction as well as maintenance projects that involve risk of injury according to the JHA for the area. (DC-82 p. 7)

- All-purpose
- Nitrile
- Leather
- Chemical resistant
- Cut resistant
- Specialty (e.g. heat welding, etc.)

Other Practical Steps

- Avoid putting your hands in places you cannot see.
- Keep machine guards in place.
- Keep your hands within a safe distance from blades and pinch points.
- On those rare occasions when wearing gloves poses a greater risk than protection, the JHA states that they do not need to be worn.



What to Wear?

Appropriate work shoes or boots are required in construction and maintenance areas. Sandals and open-toed shoes are not permitted. (DC-82 p. 7)

Note: Steel-toed shoes or metatarsal protection is required when operating jackhammers.

Other Practical Steps

- Consider your choice of footwear. Ask yourself: "Could higher ankle support, sturdier soles, or safety toes provide better protection for my task?"
- Keep feet clear of loads that are being moved and set in place.
- Prevent slips, falls, and punctures by maintaining excellent housekeeping of your work area.

