

# MAFES Dawg Tracks



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Safety Tips: Protect your Hands



MISSISSIPPI STATE  
UNIVERSITY



Like many aspects of our lives that we take for granted, our outer body appendages usually fall into this category. Second to back injuries, hand and finger injuries account for the most common of all accidents related to the manufacturing and agriculture industries.

According to the Centers of Disease Control, more than 100,000 workers visit emergency rooms each year because of hand injuries. The U.S. Bureau of Labor Statistics shows that over 110,000 workers lose work days each year with hand/finger injuries.

In the interest of reducing these numbers (and the pain and lost workdays involved with these injuries) are some safety tips to aid in this endeavor:

- Before you move a lever or push a button on a tractor, implement or machine, be sure that you are familiar with what happens when you do this.
- Avoid wearing rings, jewelry, or wristwatches when working around tractors, implements or machines with moving parts, as it is very easy to get caught in a moving part wearing one of these items.
- Keep loose fitting clothing away from moving machinery.
- Take extra care in keeping hands and fingers away from any moving parts.
- Do not remove machine guards or shields unless the unit has been shut down; and the engine has completely coasted to a stop; and the unit is blocked out so that it can't move. Be sure that all guards and shields are back in place before starting the machine up after the repairs and/or adjustments.
- Wear gloves and arm protection. However, we should never wear gloves when working on equipment that has rotating parts.
- Refrain from placing fingers or hands at pinch points on machines that have rotating parts. Use extra caution when working around power tools.
- When carrying materials through doorways, put both your hands at the bottom of the load to protect them from hitting the door jams.
- When using cutting tools, cut away from yourself and always be aware of the location of your hands.

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*~PROTECT YOUR HANDS~  
~~USE YOUR HEAD~~  
ALSO  
YOU WILL NEED THEM TO PICK  
UP YOUR PAYCHECK!!*