

5 Hands-On Safety Tips

Safety First

Miners experience about 1,000 injuries to their fingers and hands each year, representing approximately 17 percent of annual lost-time injuries.

In 2009, 72 injuries resulted in partial or total disability, with the majority resulting from the use of hand-tools.

Although rarely fatal, injuries to fingers and hands can impact your quality of life and your ability to perform tasks.

Hand and finger injuries are avoidable when accepted rules are followed:

- 1 Use caution when handling dangerous materials and equipment**
- 2 Think before you reach**
- 3 Pay attention and don't rush**
- 4 Watch for pinch points and other hand hazards and avoid them**
- 5 Wear approved protective gloves for your task**

