



Safety Matters

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Hand and Foot Protection

There is nothing we use more in our daily lives than our hands and feet. Without full usage, performing tasks at work or in our personal lives can become difficult. Using the appropriate Personal Protective Equipment (PPE), following procedures and being aware of your surroundings are all critical pieces to preventing hand and foot injuries. OSHA's standards require manufacturing employees to wear proper foot and hand gear at all times in the work place to prevent injuries such as skin abrasions, lacerations and chemical burns.

Common Hand and Foot Injuries

American workers suffer hundreds of hand, foot and toe injuries on the job each day. OSHA estimates, on average, that each hand or foot injury costs \$6,000 in medical expenses and loss of productivity. The following are the most common work place hand and foot injuries in the United States.

1. Chemical burns
2. Deep cuts and lacerations
3. Broken bones
4. Sprain and strains
5. Accidental amputation

OSHA Hand Protection Standards

OSHA requires workers to protect their hands by wearing appropriate gloves according to the guidelines below.

1. Employees must wear gloves designed for the specific task at all times. There are gloves for handling chemicals, heavy manufacturing and even clean rooms.
2. Gloves should fit properly and offer reasonable comfort to the worker. Loose gloves can get caught in machinery.
3. Gloves should not interfere with hand mobility and dexterity.
4. All gloves should be durable and able to withstand continuous use.



OSHA Foot Protection Standards

OSHA requires workers to protect their feet on the job by following these guidelines.

1. Employees must wear Steel Toe work shoes to protect from falling objects or heavy equipment.
2. Work shoes must contain metatarsal guards to combat foot impact.
3. Butyl, vinyl or nitrile footwear must be worn in the work place to protect against hazardous chemicals.
4. Non-conducting rubber footwear is required to protect against electrical shock.
5. To prevent slips and falls, shoes must have rubber or latex soles.
6. Metal-Reinforced soles are required to protect against punctures.



Remember... Safety Matters.

