

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES

Box 700, Frankfort, IL 60423

815-464-0200

Vol. 22 No. 44 Week of 11/4/2024

Company Name _____ Job Name _____ Date _____

HAND AND FOOT PROTECTION

Athletes in many different types of sports, whether professional or recreational, wear hand and foot protection — from boxing gloves to hiking boots. Protecting **your** hands and feet at work is important too. Think about it. You use your hands and feet for just about everything you do, at work or at play. Losing the ability to use one of them, even temporarily, would make life very difficult. Give them the protection they need.

Handling objects without proper protection for your hands is one of the major sources of work injuries. Statistics tell us that disabling injuries to hands and fingers account for 25% of all accidents. Start with the basics — wear well made gloves that fit properly. A variety of gloves designed to protect your hands and fingers is available. A good pair of leather gloves offers protection against blisters, scrapes, cuts, splinters, and wetness, and they will provide some warmth during cold weather. If you're welding or working with concrete or chemicals, special gloves are required. Check with your supervisor if you aren't sure what kind of gloves you need.

Foot protection is also important. Most of us give very little thought to how much we rely on our feet. They provide both mobility and balance. On the job we do a lot of walking, stooping, bending, and climbing, which makes sturdy, comfortable footwear absolutely essential. For general construction work leather work boots are the best. Be sure they fit well and provide support for your ankles. Good ankle support will prevent turning or twisting your ankle as you navigate over rough or uneven ground. Safety boots have steel toes and heavy-duty leather uppers which provide additional protection for your toes and extra ankle support. A sturdy sole with a steel shank will protect you from puncture wounds.

Remember the following general precautions. Watch for pinch points when moving materials. Be alert for protruding nails and rough or sharp edges. Guards on tools and machinery are there to protect both your hands and feet; never remove or ☐ck a guard. Wear rubber boots when working with concrete. Be careful, wet concrete on skin can cause burns. If you get concrete on your skin, wash it off, and in the case of your feet, put on clean, dry socks. It's also a good idea to have an extra pair of socks on hand in case your feet get wet, especially in cold weather.

Don't take unnecessary chances. An injury to either a hand or foot can put you on the sidelines for a long time.

**You only have two hands and two feet.
Protect the ones you have —
replacement parts are not available.**

SAFETY REMINDER

Special Topics For Your Project _____

Employee Safety Recommendations _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____