

SAFETY MEETING TOPIC

This form shall be completed and kept on file

Job Name _____ Location _____ Job No. _____
Meeting Leader _____ Title _____
Date Held _____ Place _____ Time _____
Subject of Meeting _____ **HANDS** _____

Your hands are probably the most versatile, but the most abused part of your body.

Think of all the uses to which your hands are put every day. They guide, communicate, create, play and at times help us to support ourselves.

Each hand has 27 bones, 24 muscles, 30 joints and pivotal points. Seven or eight muscles work together to move a finger. Think of all the bones, joints and muscles it takes to get a fork full of food to your mouth.

Our hands are always in the forefront when we are handling or mishandling tools. They get ripped, torn, cut and pinched.

Medical science today can usually put mutilated hands back together so that they are functional. But it takes a lot of time, pain and expense.

If you get a cut or scratch, do not neglect it. Infection can set in rapidly.

Do not wear rings or wrist watches while on the job. They can catch on many objects, and are also conductors of electricity.

You should take as much care of your hands off the job as you should on the job.