



GENERAL CONSTRUCTORS, INC.

"The Preferred Contractor"

**YOURSAFETY
COMMITTEE**

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The General Safety

www.generalconstructors.com

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GRASPING HAND SAFETY

NOTICE



Report all injuries
so we can identify
the hazards

Hand injuries are challenging to reduce, even after most companies have done a good job of addressing reach-in hazards and providing PPE/gloves. Hand injuries happen in all kinds of work. But you can grasp real and significant improvements in hand safety with a concrete approach founded on developing the right (and left) mental and physical skills.

There are skills and strategies everyone who works with their hands can learn.

So what's the underlying problem... Exposure and attention.

You will likely use your fingers and hands tens of thousands of times, each of which brings potential for acute or cumulative injury. Further, the more someone engages in any activity, the greater the risk of complacency and the less likely he'll be fully attentive of every movement—each of which is an "opportunity" for injury. Now compound this "hand attention deficit" with the likelihood most people are one-side dominant to the degree they often have minimal awareness of their "off" (nondominant) hand. Understandably, when people are working with their hands



STRATEGIES FOR A HAND FULL OF RESULTS

Identify and lower your Level of Accepted Risk-going beyond an "I've always done it that way" of thinking.

-Recognize patterns that lead to hand injuries in your environments-statistics show many hand injuries come from burrs or from equipment that was never intended to be sharp but developed an edge through wear.

-Consciously seek hazards, you can then begin to identify patterns instinctively

Boost mental skills- directing attention deliberately to:

-Select where to place attention

-Shift attention back to tasks after being distracted

-Sustain attention on a task, even when other sights and sounds exert a pull away

Kinesthetic Connection- Your hand position can either be supported or undermined by the position of your entire body.

-Develop an internal "feel" for the best, most comfortable and controlled linkages of finger, hand, wrist, arms, shoulder, torso, hips, and legs

Raise offhand control of the non-dominant hand during a given task.

-When fatigued, people typically lean on their offhand, sometimes placing it in harm's way.

- Holding tools in the dominant hand, make offhand injuries more likely.

Emphasis has to be on developing the specific skills needed for working safely, not just relying on cautions and warnings to "Pay more attention."

2017 Score

Recordables: 0

Last Recordable:

6/27/2016

307 Days Since last incident (through April)

Hours worked YTD: 51,628.00 (through April)

2017 TRIR: 0

2016 TRIR: 5.2

- Zero lost time injuries per year
- EMR less than .80
- Incident rate less than 2.0

General Constructors is committed to a safety process that eliminates workplace accidents and injuries by actively educating and engaging our Co-workers in the identification, prevention and correction of unsafe conditions and risky behaviors on our projects.

Winners of the Incentive Program in March Include:

Barry Sprott (2), Mike Hannan, Jeff Kaczinski, Matt Redling, Cody Bradley, Walter Geffert, Dwight McCall, Jason Schell, Kevin Benedict, Douglas Seals, Ben Hott, Tim McGehee, Caleb King, and Phillip Shannon

Congratulations!