

# **1 - Pinch Points: Safety Training**

EH&S – MGA

## **Goals: This safety session should teach you to:**

- A. Recognize pinch point hazards.
- B. Know how to prevent pinch point injuries.

## **OSHA Regulations: 29 CFR 1910.211-222**

### **1. Workplace Injuries May Occur When a Body Part Gets Caught in a Pinch Point**

- A. A pinch point is a place where it's possible for a body part to be caught:
  - 1. Between moving machine parts
  - 2. Between moving and stationary machine parts
  - 3. Between moving parts and materials being processed or manufactured
- B. Other pinch point situations, not covered by these OSHA regulations, include:
  - 1. Catching fingers, hands, toes, or feet under or between heavy crates or equipment or drums while moving them
  - 2. Slamming fingers or hands in a door
  - 3. Nipping fingers or hands with hand tools like pliers
  - 4. Nipping fingers or hands with equipment that has sliding parts or hinges
  - 5. Nipping fingers or hands while closing a container
  - 6. Getting clothing or jewelry tangled in a pinch point

### **2. Machine and Tool Guards Prevent Pinch Point Injuries**

- A. On machines such as presses and rollers, OSHA requires guards to act as barriers between body parts and pinch points.
- B. Many tools also have guards to keep your body away from pinch points.
  - 1. Never remove or disable a machine guard or use a machine that has a missing or disabled guard.
  - 2. Never reach around, under, or through a guard.
  - 3. Report guards that are missing or not working properly.

### **3. Switch Off and Lockout/Tagout Equipment Before Repairing or Servicing**

- A. A machine that starts up or moves accidentally can trap a hand or other body part in a pinch point. If you must place your hands near pinch points to repair, service, unjam, or adjust equipment:
  - 1. Turn off the machine.
  - 2. Have an authorized employee properly lock or tag out the energy controls.
  - 3. Perform the needed work.
  - 4. Have an authorized employee properly remove the lock or tag before you use the equipment.

#### **4. Look for Possible Pinch Points Before Starting Any Task**

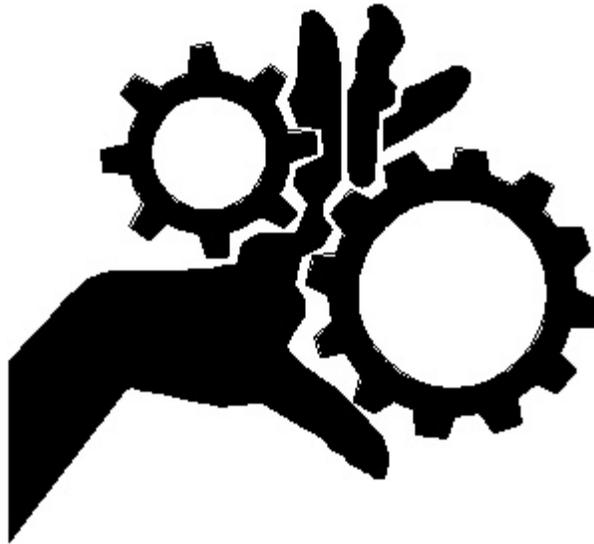
- A. Check the equipment you're going to use to see where a body part could get caught.
- B. Plan the task to prevent pinch point injuries.

#### **5. Lift, Carry, and Place Containers and Equipment Carefully**

- A. Lift the edge of a heavy item slightly before picking it up to get an idea of its weight.
  - 1. An item that's too heavy or awkward to carry can slip and trap hands or feet in a pinch point.
  - 2. Get help or use material handling aids to move heavy or awkward items.
  - 3. When placing a heavy item on a shelf, pallet, floor, etc.:
    - a. Make sure there's enough room so it won't land on your feet
    - b. Slide the item into place, while moving feet and hands out of the way

#### **6. Give Even the Smallest Task Your Full Attention**

- A. Pinch point injuries from doors, hinges, container lids, etc. usually occur when you're distracted.
- B. Concentrate on what you're doing at all times on the job.
- C. Don't fool around or daydream at work.



### **Summation: Machine Guards and Safety Awareness Can Prevent Pinch Point Injuries**

Keep your fingers, hands, toes, and feet away from pinch points by using machine guards, practicing safe moving and carrying techniques, and giving all tasks your full attention.