

Training:

In October the Carpenter's union in Portland is offering OSHA 10 on September 26th. The Taper's union is doing Fall Protection and First Aid/CPR on the 22nd. You can find your training records at www.fsstools.com under the training records tab to see what trainings you need. Sign up for trainings at www.swmsctf.org or check schedules at www.fsstools.com.

Hand Safety:

Hand injuries continue to be an issue across all of our jobsites, and most of these injuries happen to our youngest and least experienced workers. If you're an old "Hand" help our apprentices learn the tricks that keep you safe.

Cuts, lacerations, and punctures account for the majority our hand injuries, we've also seen strain and sprain hand injuries over the years.

Since we count on our hands for so much, it's wise to be conscious of how to protect our most important tools.

Here are a few ways to keep our hands safe:

- **Know where your hands are at-all-times.** Whatever task you are doing, think ahead. What could go wrong if something slips?
- **Hand placement matters.** One wrong move around power tools and you're not just losing time – you could lose fingers.
- **Don't ignore the strain.** Repetitive work wears your hands down. Stretch your hands and tendons during stretch and flex and continue to stretch during the day as needed.
- **Check your gear.** Make sure guards and handles are in place before using any power tool. It only takes a second to have a tool get away from you, potentially causing terrible damage.
- **Wear appropriate PPE.** Gloves are required, be sure you're wearing the right gloves for the task. (Cut 4 for carpenters, material handling, demo and Cut 2 for tapers)
- **Stay sharp.** Yep, we said it already, but it's worth repeating. Proper-hand placement and situational awareness prevents injuries.

Bottom line – If you want to go home with all your fingers, pay attention, don't get complacent, and speak up if you see someone being unsafe. We CAN perform our work with high efficiency AND safely.

What hand hazards will you face today? How will you stay safe?

Assured Grounding

On October 1st. it's time to check all our electrical systems, batteries and cords to confirm they're safe and to change our assured grounding color to ORANGE. On www.fsstools.com/assured grounding, you can get information about, and report on, assured grounding as soon as you've updated your jobsite.

[Toolbox Talk Submission](#)