

SAFETY AWARENESS

Brief Topic Safety Refresher Training For Associates

2024

Steer Clear of Pinch Point Injuries

Whether your hand gets caught between two heavy pallets or your body gets trapped between a vehicle and a static object, pinch point injuries are usually preventable using care, caution and alertness on the job. Pinch point hazards can be big or small and are present in every workplace.

While not every pinch point accident results in a debilitating injury, it is important to realize how serious these accidents can be. In many cases, these types of incidents can be prevented using engineering controls or personal protective equipment (PPE), but you should also consider the following precautions to take control of your safety and steer clear of pinch point accidents:

- Before beginning your shift or when working with new equipment, identify potential pinch point hazards.
- Identify objects in the warehouse or on your equipment that move and come in contact—or close contact—with fixed objects.
- Be extremely cautious when placing your hands, fingers or feet between two objects. If you are within a pinch point, consider alternative ways to get the task done.
- Do not operate trucks or warehouse equipment without the proper guarding mechanisms in place.
- Never use your feet to brace, force or chock objects.
- Wear appropriate gloves for the task at hand. They will serve as protection against injuries, but ill-fitting gloves may be an additional hazard as they can get caught in your equipment or parts of your vehicle.
- Always secure materials on the truck bed itself, while moving them around the warehouse and while loading so they cannot fall or roll.
- Be especially cautious when handling drums, rebars, rings and other metal objects.
- Watch out for rolling hazards by blocking wheels on equipment and trucks to prevent unwanted movement.
- Watch out for crushing dangers—if you work under a truck or other machinery, make sure the jacks are secure.
- Do not wear jewelry or loose clothing, and always tie long hair back. These items can potentially get caught in moving parts or between heavy objects while moving or loading.
- Know how to turn off equipment immediately in case of an emergency.
- Inform your supervisor or manager if you spot any pinch point hazards that are not guarded or not clearly marked.