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.