

Hand protection

List hazards to hands on site:

Explain dangers

The best tools we have are our hands. We need to protect them on the job.

Manual work exposes our hands to many different hazards, from cuts to chemicals, from pinching to crushing, and from blisters to burns.

Identify controls

Leather gloves provide good protection against sharp edges, splinters, and heat. Cotton or other materials do not stand up well. You should wear them only for light-duty jobs.

Wearing anti-vibration gloves when using power tools and equipment can help prevent hand-arm vibration syndrome (HAVS).

HAVS causes the following changes in fingers and hands:

- Circulation problems such as whitening or bluish discoloration, especially after exposure to cold
- Sensory problems such as numbness, tingling, and pain
- Musculoskeletal problems such as difficulty with fine motor movements—for instance, picking up small objects

Workers who use vibrating tools such as jackhammers, grinders, riveters, and compactors on a daily basis may develop HAVS.

Our hands also need protection against chemicals. Check the supplier label to see whether a product must be handled with gloves and what types of gloves are required.

If that information is not on the label, check the safety data sheet (SDS). An SDS must be available on site for any controlled products that are being used.

Using the right gloves for the job is important. For instance, rubber gloves are no good with solvents and degreasers. The gloves will dissolve on contact.

Demonstrate

Talk about the specific chemicals used on your jobsite and the type of gloves recommended for each.

Use the SDS for reference or the Glove selection chart below.

Glove selection chart

Chemical name	Glove selection
Acetone	Butyl rubber
Cellosolve	PVA, PVC, neoprene
Cellosolve acetate	PVA, PVC
Cyclohexane	NBR, Viton®
Hexane	Neoprene, NBR, PVA
Methyl alcohol	Neoprene, rubber, NBR
Methyl chloroform	PVA, Viton®
Methylene chloride	PVA, Viton®
Methyl ethyl ketone	Butyl rubber
Methyl isobutyl ketone	Butyl rubber, PVA
Mineral spirits	Neoprene
Naphtha	NBR, PVA
Perchloroethylene	NBR, PVA, Viton®
Stoddard solvent	PVA, NBR, rubber
Toluene	PVA, Viton®
Turpentine	PVA, NBR
Trichloroethylene	PVA, Viton®
1, 1, 1 Trichloroethane	PVA, Viton®
1, 1, 2 Trichloroethane	PVA, Viton®
Xylene	PVA, Viton®

PVA - Polyvinyl alcohol
PVC - Polyvinyl chloride
NBR - Nitrite butyl rubber
Viton® - Dupont tradename product