

Protecting Hands & Feet

- The majority of accidents that happen in the piling industry involve hands and feet (see 'Did You Know?')
- Hands and feet are frequently injured because we use them for so many things. Because we use them all the time we forget about them and do not look after them.
- The most common injuries to hands are cuts and crushes. The best way to stop these injuries is to keep your hands out of the way. If you can't keep your hands out of the way make sure you are wearing gloves and look at where you are putting your hands, is there anything sharp, or anything that might move and trap you?
- The most common injuries to feet are caused by dropping things on them, or by tripping over things. Good housekeeping will mean that you are less likely to fall over things and using the correct manual handling techniques will mean you are less likely to drop things on your feet. Safety boots with steel toecaps and midsoles, are only to be worn.
- Remember wearing gloves and boots will also help to protect your skin from harmful chemicals like concrete, oil, grease and fuels. These chemicals can cause your skin to react giving you uncomfortable rashes or even dermatitis. Dermatitis is a permanent condition which in severe cases can be disabling.



Did you know?

Over half of the serious injuries reported to the FPS involve hands and feet.

Q. What is the most common type of injury in piling?

Q. Why do hands and feet get injured more?

Q. How can good housekeeping help prevent injuring yourself?