



Arm, Hand, and Finger Injuries

ARM, HAND, AND FINGER INJURIES

Injuries to the arm, hand, and fingers are common among maritime and offshore workers. Results from the MPS database show that just over a quarter of all injuries affected the arm, hand, finger or a combination of the three. Although there are different hazards for each individual body part, many of the hazards are applicable to all three categories.

ARM, HAND, AND FINGER HAZARDS AND LESSONS LEARNED

Hazardous activities that may lead to arm, hand, and finger injuries include the following; slip/fall and catching bodyweight with arm/hand, contact with hot/cold surfaces, contact with chemicals, cuts from sharp objects, protruding objects, pinching, and moving machinery.

The table below provides tasks/hazards identified in the MPS injury and near miss databases that led to, or could have led to injuries. Each task is paired with several lessons learned.

Task/ Hazard	Lessons Learned
Working in the kitchen with hot pans	Always wear appropriate mitts, pay careful attention when removing hot objects from the oven
Line Handling/ Mooring Activities	Situational awareness, ask for help if the task seems too difficult, report deterioration right away on lines, appropriate PPE
Obstructions in Walkway	Store equipment appropriately in correct place when finished, pay close attention to footpath when walking, pick up objects on ground if you see them

Machinery Maintenance Tasks	Proper PPE as it is intended to be worn, situational awareness, communication between crew
Contact with hot/cold substances	Proper PPE including; gloves, and ensure sleeves of coveralls are rolled down to fully cover arms

ARM, HAND AND FINGER CORRECTIVE ACTIONS

There were several common corrective actions among arm, hand, and finger injuries associated with the hazardous tasks and activities. Corrective actions should be addressed at all levels of the work crew, from the front line workers, all the way up to management. Applying appropriate corrective actions will help reduce the chances of future injuries.

- Continuous training on the importance of safety
- Safety meetings that highlight arm, hand, and finger injuries
- Tool Box Talks, safety bulletins, stickers, color coding to remind crew of hazards
- Risk assessments on all hazardous tasks
- Communication training between crew
- Training on importance of PPE, and refreshers on how to properly wear each piece of PPE
- STOP work cards program with incentives
- Situational awareness training
- Encouragement to report unsafe tools/equipment right away

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