

SAFETY IS IN YOUR HANDS



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As we approach the 4th of July, it's a good time to reflect on something we often take for granted - our hands. Whether you're operating heavy equipment on the rig or grilling with family at home, your hands are essential tools. And like any tool, they need protection.

At H&P, safety is more than a policy, it's a mindset. So, let's take a moment to talk about how we can protect our hands and fingers, both on the job and off.



Common Causes of Hand Injuries

Hand injuries are among the most frequent incidents in the field, and they often happen in ways we don't expect. Here are a few common culprits:

- ▶ **Workplace Hazards:** Pinch points, rotating equipment and sharp edges are everyday risks on the rig.
- ▶ **Fireworks:** With America's Independence Day celebrations around the corner, it's worth remembering that fireworks are a leading cause of hand trauma - accounting for more than a third of all fireworks-related injuries during this time of year according to the U.S. Consumer Product Safety Commission's 2023 report.
- ▶ **Sharp Tools:** Knives, box cutters, and other tools can cause serious lacerations if mishandled.
- ▶ **Trips and Falls:** Instinctively reaching out to break a fall can result in sprains or fractures.
- ▶ **Power Tools:** Misuse or lack of PPE can turn a routine task into a medical emergency.

Best Practices to Keep Hands Safe

Here are five simple habits that can make a big difference:

- 1. Know Where Your Hands Are:** Always be aware of hand placement, especially near moving parts or pinch points.
- 2. Use the Right Tool:** Don't improvise! Use tools designed for the task to keep your hands out of harm's way.
- 3. Wear the Right PPE:** Gloves, face shields, and other gear are your first line of defense.
- 4. Slow Down and Focus:** Rushing leads to mistakes. Take a breath and stay present.
- 5. Spot the Hazards:** Before starting a task, scan your environment for potential risks.





Pressure Washer Safety: A Hidden Risk

Pressure washers may seem harmless, but According to the Consumer Product Safety Commission (CPSC), they send over 6,000 people to the ER each year in the U.S. alone. High-pressure injection injuries can lead to amputation in up to half of all cases if not treated immediately.

Safety tips:

- ▶ **Never point the wand at yourself or others.**
- ▶ **Use gloves, boots, and face protection.**
- ▶ **Double-check that quick-connect nozzles are secure before use.**
- ▶ **Train and mentor new crew members:**
 - ▶ **Make sure new hands understand the seriousness of pressure washer hazards.**
 - ▶ **Provide hands-on training and real-world examples.**
 - ▶ **Encourage experienced crew to lead by example and coach others on safe techniques.**

Fireworks Safety: Celebrate Smart

Fireworks are festive, but they're also unpredictable. Here's how to enjoy them safely:

- ▶ **Keep a hose or bucket of water nearby.**
- ▶ **Light one firework at a time and move back quickly.**
- ▶ **Never relight a dud - wait, then soak it in water.**
- ▶ **Avoid fireworks if you've been drinking or using substances.**

Final Thought

As you head into the holiday weekend, take a moment to think about your hands. They're your most valuable tools on the rig, at the grill or lighting a sparkler with your kids. Let's protect them with the same care and attention we give to every other part of the job.

Stay safe, and have a great 4th of July!



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