

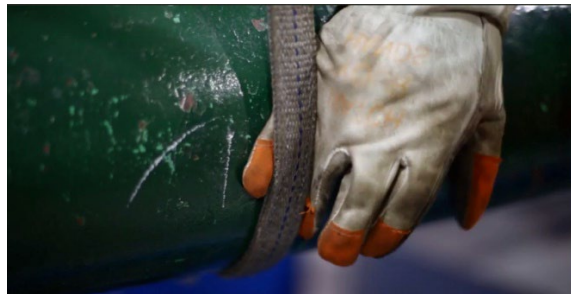
## NC DEQ Pinch Point Toolbox Talk



- 1) What is a Pinch Point? A Pinch Point occurs anywhere a part of the body, or the entire body can get caught between two objects.



- 2) Pinch points can occur between two moving objects, or one moving object and a stationary object.



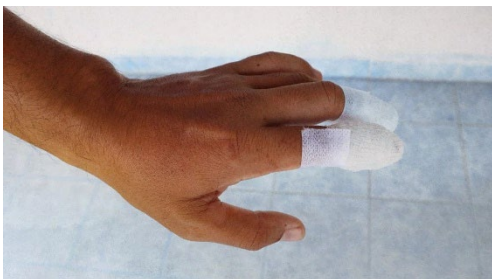
- 3) When your entire body gets pinned between two objects it's called a caught-in or caught-between injury. These injuries are one of the top 4 causes of death in the construction industry (known as the Fatal Four).



4) Pinch point injuries can happen when working alone, but they are common when two or more workers are moving loads together with poor communication.

5) Pinch Point injury statistics:

- a. Hand injuries make up about 14% of all workplace injuries in the US (second only to back injuries).
- b. 110,000 workers suffer lost-time hand injuries each year in the US.
- c. 1 in 20,000 workers will suffer an amputation.
- d. Caught in & caught between injuries caused 142 deaths in the US construction industry in 2020.



6) Possible Pinch Point injuries:

- a. Cuts
- b. Contusions (bruises)
- c. Fractures (broken bones)
- d. Amputations
- e. Death

7) Common examples of Pinch Point hazards:

- a. Hammer
- b. Drawer
- c. Pair of pliers
- d. Concrete blocks
- e. Unsecured materials
- f. Chains & pipes
- g. Truck doors
- h. Rotating mechanical parts
- i. Pinned between vehicles (car, truck, forklift) and walls or other fixed objects.

8) Causes of pinch point injuries:

- a. Not paying attention to the location of hands and feet
- b. Walking or working in areas with mobile equipment and fixed structures
- c. Loose clothing, hair or jewelry getting caught in rotating parts or equipment.
- d. Poor condition of equipment and guarding
- e. Dropping or carelessly handling materials or suspended loads
- f. Not using the proper work procedures or tools
- g. Reaching into moving equipment and machinery
- h. Dropping or carelessly handling materials or suspended loads

9) Avoiding Pinch Point injuries:

- a. Never remove machine guards.
- b. Keep your hands and feet where you can see them.
- c. Wear the proper PPE for the job.
- d. Use wheel chocks whenever they are needed.
- e. Follow all lockout/tagout procedures.
- f. Communicate with co-workers when lifting or moving loads.
- g. Never walk away from a machine that is on or coasting.
- h. Pay attention to your hands around equipment that is moving or can move.
- i. Avoid loose clothing, long hair, and jewelry around equipment with moving parts.
- j. Pre work inspection: identify potential pinch points before starting a new task
- k. Review operating manuals and standard operating procedures.
- l. Gloves can create a greater hazard around some tools like lathes.
- m. Avoid working or walking between vehicles and stationary objects.
- n. Make eye contact with equipment operators. Wait for their signal before crossing their path.

- o. Never drive motorized vehicles towards a person in front of a fixed object.



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# NC DEQ Pinch Point Quiz



1)What is a pinch point?

2)Name 3 injuries that a pinch point can cause:

a. \_\_\_\_\_

b. \_\_\_\_\_

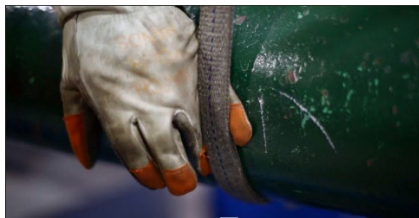
c. \_\_\_\_\_

3)Identify the hazards in these photographs:



a)

\_\_\_\_\_



b)

\_\_\_\_\_



c)

\_\_\_\_\_



d)

\_\_\_\_\_

4) Name 5 ways to avoid pinch point injuries:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



## NC DEQ Pinch Point Quiz Key



1)What is a pinch point? Any place where a part of the body, or the entire body can get caught between two objects.

2)Name 3 injuries that a pinch point can cause:

1. Cuts
2. Contusions (bruises)
3. Fractures (broken bones)
4. Amputations
5. Death

3)Identify the hazards in these photographs:



Pinch point between gears or sprockets



Pinch point under straps or slings



Pinch point from hammers



Pinch point from straps or slings, or the entire load could land on feet

4) Name 4 ways to avoid pinch point injuries:

1. Never remove machine guards.
2. Keep your hands and feet where you can see them.
3. Wear the proper PPE for the job.
4. Use wheel chocks whenever they are needed.
5. Follow all lockout/tagout procedures.
6. Communicate with co-workers when lifting or moving loads.
7. Never walk away from a machine that is on or coasting.
8. Pay attention to your hands around equipment that is moving or can move.
9. Avoid loose clothing, long hair, and jewelry around equipment with moving parts.
10. Pre work inspection: identify potential pinch points before starting a new task.
11. Review operating manuals and standard operating procedures.
12. Gloves can create a greater hazard around some tools like lathes.
13. Avoid working or walking between vehicles and stationary objects.
14. Make eye contact with equipment operators. Wait for their signal before crossing their path.

15. Never drive motorized vehicles towards a person in front of a fixed object.



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