

Cuts & Lacerations

Two of the most common injuries in the work place are cuts and lacerations. A cut is a minor surface wound. A laceration is a major wound that may need medical treatment.



Causes

- Poor condition of tools and mishandling of tools
- Incorrect or no Personal Protective Equipment (PPE)
- Lack of training of the proper use of tools and safety procedures
- Inadequate machine guarding

Preventions



Maintain sharp tools

Keep cutting tools sharp, so the job can be done without extra force, which may cause a blade to slip. Make sure machine guards are in place and do not allow body parts to make contact with sharp edges or blades on machinery.



PPE

Wear appropriate PPE. Inspect PPE before starting work to ensure that there are no damages or excessive soiling. The risk assessment for the activity must identify the correct PPE for the job.



Remove snag hazards

Remove all jewelry and make sure clothes are buttoned properly and tucked in. Ensure that long hair is tied when using moving machinery.



Keep work areas clean

Never leave sharp materials unattended and maintain good housekeeping at the workplace. A messy work place can be risky.



Educate, remind, and prepare

Provide training on preventing cuts and lacerations and post reminders to highlight safety awareness. Know what the emergency first aid procedures are in the event of an accident. Make sure everyone knows what to do and whom to contact if necessary.



Seek medical attention when:

- Pain, swelling, redness, bleeding increases in the wound area.
- Signs of infections like headache, muscle aches, dizziness, or a general ill feeling and fever develop.