Pinch Points

Be Mindful ~ Make smart choices ~ Choose safety

Each year, workers suffer approximately 125,000 caught or crushed injuries that occur when body parts get caught between two objects or entangled with machinery. These hazards are also referred to as "pinch points". The physical forces applied to a body part caught in a pinch point can vary and cause injuries ranging from bruises, cuts, amputated body parts, and even death.

Some tips to avoid caught/crush and pinch point hazards:

- Dress appropriately. No loose clothing or jewelry, tie back long hair and wear well fitting gloves as required.
- Look for pinch points before you start a task. Plan your actions, pay attention, don't daydream, follow all warning signs and **THINK before you place your hands** in a hazardous spot.
- Never reach into a moving machine. Use proper guarding and follow Lockout/Tagout procedures before repairs or servicing.
- Vehicles, powered doors and forklifts can pose a crush hazard. Never place your body under or between powered equipment unless it is de-energized.





If you have ever slammed your finger in a car door, you understand the pain associated with a caught/crush injury. Take the time to learn about the pinch point hazards in your workplace so you don't learn about the consequences first hand.

DC SAFETY