

# GUARDING YOURSELF AGAINST PINCH POINTS

AGC OF INDIANA

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A pinch point is any point at which a part of your body can get caught between two other objects. This can include anything from slamming your finger in a door, to getting your arm amputated by the moving parts of a conveyor. When you work near moving parts, machinery or equipment, you must learn to recognize pinch point hazards and make sure all protective guards are in place.

## **Keep these safety tips in mind to avoid pinch point hazards:**

- Be aware of pinch points associated with equipment and machinery you use or that is used around you.
- Remove jewelry like rings, bracelets and necklaces that can get caught in moving parts.
- Do not wear clothing with hoods, loose sleeves, drawstrings or frayed cuffs.
- Securely tie back long hair and long beards so they don't get tangled in machinery.
- Plan your work tasks to avoid getting close to pinch points.
- Before you begin, make sure all safety guards and barriers for equipment and machinery are in place.
- Do not operate any equipment or machinery without the proper guards in place.
- Respect all guards, physical barriers and warning labels.
- Never remove guards, alter guards or reach across or beyond them.
- Do not repair, adjust, clear or service a machine unless it has been turned off, locked out and tagged out.
- Replace guards as soon as you are finished with maintenance or repairs on any machinery or equipment.

Remember that it's also possible for your entire body to get caught in a pinch point. This type of pinch point involves your whole body getting crushed between a piece of equipment or load and a fixed object like a wall or pillar. You can guard against these dangers. Stay clear of heavy equipment when it's moving. Never enter a swing barricade without first checking with the operator and receiving permission to do so. Do not work under a suspended load. Avoid working or standing between two pieces of equipment. When you work near heavy loads or moving equipment: stay alert, listen for back-up alarms and watch for changing conditions.

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Company Name: \_\_\_\_\_

Superintendent: \_\_\_\_\_

Foreman: \_\_\_\_\_

Project: \_\_\_\_\_

Work Area: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor Signature: \_\_\_\_\_

Title: \_\_\_\_\_

## **ATTENDEE SIGNATURES:**

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

11. \_\_\_\_\_

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

12. \_\_\_\_\_

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

13. \_\_\_\_\_

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

14. \_\_\_\_\_

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

15. \_\_\_\_\_

6. \_\_\_\_\_

16. \_\_\_\_\_

7. \_\_\_\_\_

17. \_\_\_\_\_

8. \_\_\_\_\_

18. \_\_\_\_\_

9. \_\_\_\_\_

19. \_\_\_\_\_

10. \_\_\_\_\_

20. \_\_\_\_\_

## **JOB HAZARD ANALYSIS (JHA)**

### Major Tasks to Complete

### Hazards Involved

### Control Measures

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Additional Topics of Discussion: \_\_\_\_\_