

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: _____