

According to OSHA, caught in/on/between hazards are defined as: Injuries resulting from a person being squeezed, caught, crushed, pinched, or compressed between two or more objects, or between parts of an object.

Personal Objects

- Do not wear any kind of jewelry, especially dangling pieces such as neck chains or bracelets, around moving equipment. There's not only a danger of its being caught by moving parts, but also of electrocution.

Hair

- Tie back long hair and tuck braids and ponytails behind you or into your clothing. But remember that stuffing long hair under a collar or cap may not be good enough. It can work free and become entangled in equipment. Wear a hair net, or get your hair cut short.



Machine Guarding

- Properly maintain and always use the machine and tool guards provided with your equipment—they act as a barrier between the moving parts and your body.
- Don't reach around, under or through a guard, and always report missing or broken barriers to your supervisor. Always replace machine guards if they have been removed for adjustment or maintenance of the equipment. Report all moving parts that are exposed and pose a danger. Turn equipment off and use lockout/tagout procedures before adjusting, clearing a jam, repairing or servicing equipment.

Housekeeping

- Good housekeeping is a must. Imagine tripping over something you've left on the floor and rushing headlong into disaster. Is there enough light so people can see danger lurking?

Lighting

- Be sure to turn on all lighting and replace any burnt out bulbs before working in an area. Vehicles, powered doors and forklifts can pose a crush hazard unless they have been blocked or tagged out.

Equipment

- Never place your body under or between powered equipment unless it is de-energized. Doors, file drawers and heavy crates can pinch fingers and toes. Take care where you place your fingers.

Lifting

- Before lifting, carrying and placing boxes, test their weight. An awkward or heavy load can slip and pinch your hands or feet, not to mention perhaps wreaking havoc on your back. Get help or use tools (e.g., a dolly) to move awkward loads and large and/or heavy items. If you have ever slammed your finger in a door, you know the pain associated with this common type of caught/crush injury.

Again, watch where you place your hands and other body parts and be aware of what is going on around them so that they do not get caught or crushed. If you take the time to learn about the caught/crush hazards in your workplace and follow these tips, you won't have to learn about the consequences firsthand.

