




# Safety Module

## Hand, Wrist, and Finger Safety

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| <p>Video</p> <p>Each year over 500,000 people injure their hands, wrists or fingers. Nearly one out of four "on-the-job" accidents involve these parts of the body. To help reduce these problems it is important for employees to learn about the most common hazards to these areas of the body. This program will review hand, wrist and finger hazards and help employees to take the steps necessary to avoid them.</p> <p>Log in Information</p> <ol style="list-style-type: none"><li>1. Go to URL:<br/><a href="https://www.trainingnetworkknow.com/">https://www.trainingnetworkknow.com/</a></li><li>2. Username - training@optimusrisk.com</li><li>3. Password – safety</li><li>4. Search Bar- Hand, Wrist, and Finger Safety SKU 3588</li></ol> | <p>Hand, wrist, and Finger Safety</p> <p>Topics covered also include:</p> <ul style="list-style-type: none"><li>• The hand and how it works.</li><li>• Preparing for the job.</li><li>• Available personal protective equipment.</li><li>• Fit and care of personal protective equipment.</li><li>• Ergonomic hazards.</li></ul>  |
| <p><a href="#">Hands, Fingers, and Wrist Quiz</a></p>   | <p>This is a quiz that coincides with the video viewed thru the training network.</p>  |
| <p><a href="#">Hand Tools- Do's and Don'ts</a></p>  | <p>Using tools safely helps prevent injury to the user and others in the area. This is a list of do's and don'ts when using tools is a guide which should be followed by all employees.</p>  |
| <p><a href="#">Poster-Hand Injuries</a></p>   | <p>Hand Safety Awareness – Protect your hands at all times ~ recovery is a slow and painful process.</p>   |
| <p><a href="#">Top Five Myths about Carpal Tunnel</a></p>   | <p>At the first sign of pain, numbness, or tingling in the hand, people may assume it's a sign of carpal tunnel syndrome. CTS has specific symptoms that set it apart from other conditions that can cause pain and numbness in the hand.</p>  |

