

PINCH POINT HAZARDS



Company Name:	
Job Name:	
Date:	

Key Points

1. **Pinch point hazards** (or caught-in/between) happen when body parts, especially hands or fingers, get caught between objects moving together, causing crush injuries, amputations, or lasting damage.
2. **Common pinch points** on site include parts of heavy machinery, power tools, door hinges, pulleys, conveyors, and material handling gear with compressing parts.
3. **Even materials being lifted or moved** can create pinch points, especially when setting down loads or working in tight spaces.
4. **Identify and mark all pinch point areas** with appropriate warning signs before beginning tasks involving machinery or moving equipment.
5. **Wear the right PPE**, especially impact-resistant gloves designed to guard against pinch point injuries.
6. **Follow the “hands-free” rule**—use tools like push sticks or clamps to avoid placing hands near moving parts.
7. **Always use lockout/tagout** steps during maintenance to prevent machines from starting unexpectedly.
8. **Keep a safe distance** from moving parts and never put hands between objects that might close.
9. **Communicate clearly with coworkers**, especially when handling heavy loads or operating equipment, to prevent unintentional movements that create pinch points.

According to OSHA pinch point hazards cause approximately **750** construction amputations yearly



Top 5 pinch point injuries...

1. **Finger crushing** - Caught between machinery components or closing doors
2. **Hand amputations** - Severe compression in hydraulic equipment or tools
3. **Degloving injuries** - Skin torn away when rings catch on equipment
4. **Bruised fingers** - Hands trapped in handling equipment or hinges
5. **Soft tissue trauma** - Hands pinched between materials during positioning



1. Where are the moving parts that could catch my fingers or hands?
2. Have I properly locked out equipment before placing my hands near mechanisms?
3. Am I wearing the correct gloves for this pinch point risk?
4. Is there a tool I could use instead of placing my hands in this area?

Hands in gloves, but keep them clear, pinch points crush when you get near.

Summary

Pinch point hazards on construction sites occur when body parts become trapped between objects, causing injuries. Prevention requires identifying hazards, wearing protective gloves, using hands-free tools, maintaining guards, following lockout procedures, and staying vigilant around moving equipment. Never place hands between potentially closing objects.



The Occupational Safety and Health Administration (OSHA) ensures workplace safety by enforcing regulations. Pinch point hazards occur when body parts are caught between moving machinery, objects, or equipment, leading to crushing or amputation injuries.

Key Regulation:

29 CFR 1910.212(a)(1) requires machine guarding to protect workers from pinch points. Employers must install guards to prevent contact with hazardous moving parts, reducing injury risks. Compliance includes proper training and maintenance.





ATTENDEES

PINCH POINT HAZARDS

Print Name:	Signature:

Additional Comments: