

3. Ergonomic Considerations

An ergonomic tool is a tool that fits your hand and the task you are performing without causing awkward postures, harmful contact pressures, or other safety and health risks.

Adhere to the following safety precautions to prevent ergonomic injuries (e.g. carpal tunnel syndrome):

- Do not bend/strain your wrist when using tools.
- Ensure you have a good grip on the tool when using it.
- Ensure the tool fits your hand.
- Use the right tools.
- Hold the tool as close to the body as possible to prevent over stretching.
- Rest your hands by keeping the tool down or inserting it in a holster when not in use.
- Do not overstretch while using tools.

4. Personal Protective Equipment (PPE)

Typical safety personal protective equipment used with hand tools includes:

- Lab coats: Avoid wearing synthetic clothing because it has low flashpoints which can result in severe burns.
- Head protection: Hard hats, bump caps.
- Eye protection: Safety goggles/glasses.
- Hand protection: Safety gloves (e.g. anti-vibration glove, Leather gloves).
- Respiratory Protection: Respirator.
- Hearing Protection: Ear muff, Ear plugs.
- Face protection: Face shield.
- Foot protection: Safety-toed shoes, High-top shoes.

5. Basic Workshop Hazards and Safety Precautions

Mechanical Hazards: they result in contact injuries e.g. entanglement, drawing-in, abrasions, cuts, burns.

Control Measures:

- Only authorized persons are allowed into the workshop.
- Do not operate tools unless you have been certified (e.g. Tier 1 and/or Tier 2).
- Long hair must be tied back and completely covered while allowing for suitable eye protection to be worn.
- Do not wear loose fitting garments, jewellery, and long loose hair near moving equipment.
- Wear closed-toe shoes at all times