

SAFETY MOMENT

January 2024 – Pinch Points

What is a Pinch Point?

A pinch point is any point where a body part can be caught between two objects coming together. Generally, people associate pinch point hazards with power presses, conveyors and other moving equipment, but really a pinch point can exist anywhere. For example, a pinch point is created between a closing door and its jamb or between materials being unloaded and the surface they are being placed onto.

Nipping your fingers with a pair of pliers would be considered a pinch point injury. Pinch point injuries can be as minor as a bruise or as serious as an amputation, or even death.



How to Avoid Pinch Point Injuries

Here are some ways you can protect yourself against the risk of a pinch point injury:

- Identify potential pinch points before starting a task and before using any tool.
- Never operate equipment or machinery without the required machine guards.
- Do not reach around, under or through a guard.
- When working, notice where you place your hands and feet. Are they between anything?
- Notice objects around you. What would happen if a load moves or shift unexpectedly? Will you be in the way?
- Pay attention when walking or working in areas that have mobile equipment and fixed structures.
- When working in areas with mobile equipment, make sure the operators see you and acknowledge your presence.
- Do not use your feet to brace or chock objects, such as holding open a door.
- When placing a heavy object down, ensure your feet and hands are safely out of the way first.

Conclusion

Potential pinch points are widespread. Discuss with your supervisor and co-workers potential pinch point hazards in your workplace and pay attention when performing even a small task. Pinch point injuries often occur when a worker is distracted.

