
Valued partner,

In this month's safety newsletter, we will be discussing finger and knife safety.

The U.S. Bureau of Labor Statistics reports over one million hand injuries annually, with average lost workdays around six - costing organizations millions in lost productivity.

OSHA states that up to 71% of hand and arm injuries are preventable with proper PPE.

Under the OSHA Act, employers are legally required not only to provide safe workplaces but to eliminate or mitigate hazards using engineering or administrative controls before relying on PPE.

Which of the following is NOT a recommended knife safety practice according to OSHA and industry guidelines?

- A. Always cut away from your body
- B. Use dull blades to reduce the risk of cutting too deep
- C. Retract the blade or store the knife safely when not in use
- D. Use cut-resistant gloves when appropriate

Answer at the end of the email.



(Missed a previous email? [Click here](#) to see an archive of previous months' safety emails on Rockwood's Loss Control website).



WHY DOES IT MATTER?

Hand and finger injuries top the workplace injury list - occurring at a rate of 6.53 per 1,000 Fulltime Employees (FTEs), nearly double the rate for back injuries.

Such injuries - from lacerations to amputations - can lead to extended lost workdays (~30 days median) and steep costs. Hand/Finger workplace incidents include:

- Finger fractures when machine guards are absent.
- Partial amputations from unguarded machines.

- Repeated finger amputations attributed to ignored safety protocols.

Proper Selection of PPE

It is important to make the right selection of glove based on the hazards present. Select PPE tailored to the task, based on:

- hazard evaluation,
- duration of use, and
- environmental conditions.

See the charts below for more information on glove selection.

TYPES OF PROTECTIVE WORK GLOVES		
 Disposable Gloves Disposable gloves, usually made of light-weight plastic, can help guard against mild irritants.	 Fabric Gloves These gloves are made of cotton or fabric blends. They're generally used to improve grip when handling slippery objects. They also help insulate hands from mild heat or cold.	 Leather Gloves These gloves are used to guard against injuries from sparks or scraping against rough surfaces. They are also used in combination with an insulated liner when working with electricity.
 Metal Mesh Gloves These gloves are used to protect hands from accidental cuts and scratches. They are used most commonly by persons working with cutting tools or other sharp instruments.	 Aluminized Gloves These gloves made of aluminized fabric are designed to insulate hands from intense heat. These gloves are most commonly used by persons working with molten materials.	 Chemical Resistance Gloves Crafted from materials like rubber, neoprene, polyvinyl alcohol, or vinyl, shield hands from corrosives, oils, and solvents. When choosing gloves, follow the manufacturer's guidelines, especially for immersions in chemicals.

ANSI CUT MARKINGS & INDICATIONS									
LEVEL	A1	A2	A3	A4	A5	A6	A7	A8	A9
									
WEIGHT (GRAMS)	≥ 200	≥ 500	≥ 1000	≥ 1500	≥ 2,200	≥ 3000	≥ 4000	≥ 5000	≥ 6000
MINUTES TO CUT THROUGH MATERIAL									
TYPICAL TASKS BASED ON ANSI CUT LEVEL									
ANSI A1 CUT	ANSI A2 CUT	ANSI A3 CUT	ANSI A4 CUT	ANSI A5 CUT	ANSI A6 CUT	ANSI A7 CUT	ANSI A8 CUT	ANSI A9 CUT	
GENERAL PURPOSE, WAREHOUSING, SMALL PARTS ASSEMBLY	GENERAL PURPOSE, PLASTICS INJECTION AND MOLDING, PULP AND PAPER	RAW MATERIAL HANDLING, GENERAL MANUFACTURING, CONSTRUCTION	HVAC, AEROSPACE, FOOD PREP	GLASS OR METAL SHEET HANDLING, AUTOMOTIVE ASSEMBLY, HVAC	METAL FABRICATION, GLASS MANUFACTURING, CHANGING BLADES	MEAT PREP / PROCESSING, GLASS MANUFACTURING, METAL STAMPING	METAL STAMPING, RECYCLING, HEAVY ASSEMBLY	SHARP METAL STAMPING, RECYCLE SORTING, METAL FABRICATION	



Safety Tips For Finger and Knife Safety

Follow these tips to help avoid incident or injury:

 General Tips	• Prioritize engineering/admin fixes (guarding, automation, training) before PPE. • Use appropriately designed knives (e.g., retractable blades), keep them sharp, and inspect regularly. • Cut away from the body, maintain focus, and use proper grip and surface. • Keep blades sharp and rust-free; replace as needed. • Retract blades immediately after use. Pass them handle-first and never attempt to catch a dropping knife.
 PPE Selection	• Choose task-specific PPE - avoid ill-fitting or easily caught gloves. • OSHA emphasizes selecting PPE tailored to the task - based on hazard evaluation, duration, and environmental conditions.
 Training and Reporting	• Integrate regular safety trainings, incident reporting, and ergonomic reviews.



Rockwood resources:

- [Pinch Points](#) – Toolbox talk
- [Hand Tools](#) – Toolbox talk
- [Hand and Arm Vibration](#) – Toolbox Talk
- [Hand Tools \(Knives\)](#) – Toolbox Talk

You can find additional Rockwood Toolbox Talks [here](#).

OSHA, MSHA and other resources:

- [1910.138 - Hand protection](#) | OSHA
- [Mining Hand and Finger Injuries](#) | Mining | CDC



Learn more about safety on Streamery

Every Rockwood policy includes access to Streamery, a vast safety library with videos, quizzes and more resources to help you promote safety in your workplace. If you don't have access, contact us to get a username. Enter the SKU number below to find the recommended video.

Watch these videos on [Streamery](#):

- **Hand, Wrist, and Finger Safety:** 15 min / SKU: 3588 + 3588-S / English & Spanish
- **Machine Guarding: The Basics:** 6 min / SKU: 5462 / English
- **Knife Safety in the Workplace:** 16 min / SKU: 1838 + 1838-S / English & Spanish



Bonus materials:

1: US Department of Labor Updates Penalty Guidelines to Support Small Businesses and Eliminate Workplace Hazards

The U.S. Department of Labor has [updated its guidance on penalty and debt collection procedures](#) in the Occupational Safety and Health Administration's Field Operations Manual in an effort to minimize the burden on small businesses and increase prompt hazard abatement.

2: DEP Open Comment Period for GP-104

DEP Bureau of Mining Programs has [reissued the BMP GP-104 for a new 5-year term](#), with an effective date of March 28, 2026 and an expiration date of March 27, 2031.

3: Seat Belt Covers

Don't forget that Rockwood Casualty is providing **FREE** high visibility seatbelt covers to our insureds to assist in enforcement of seatbelt use by employees. Please contact safety@solutions@rockwoodcasualty.com to make

a request for your company and specify orange or yellow.



Questions? Feel free to reach out

As always, your Rockwood partners are available to answer your questions and help you promote safety in the workplace. [Contact Rockwood Loss Control](#) for any support you need.

Thank you for your continued partnership,

Rockwood Loss Control Team

SafetySolutions@rockwoodcasualty.com



#RockwoodSafetySolutions #LossControl #SafetyTips



ANSWER: Which of the following is NOT a recommended knife safety practice according to OSHA and industry guidelines?

- A. Always cut away from your body
- B. **Use dull blades to reduce the risk of cutting too deep**
- C. Retract the blade or store the knife safely when not in use
- D. Use cut-resistant gloves when appropriate

Using dull blades is not recommended. Dull knives require more force and are more likely to slip, increasing the risk of injury.

