

All About Hands

A Simple Book of Hand Safety Rules for Work, Home and Life

By HandHelmet

Safe habits are often taught
long before work begins.



Awareness often begins at home.

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Simple rules to protect the hands we use every day.

For workers, parents, children and everyone who uses their hands every day.

*“Hands help us work, cook, write, build,
play, care, repair and protect.
They deserve protection every day.”*

— HandHelmet®

All About Hands

A Simple Book of Hand Safety Rules
for Work, Home and Life

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HandHelmet®

Protecting hands at work, at home, and everywhere in between.

Published by HandHelmet®

Designed for workplaces, families, schools and waiting rooms.

This book is a practical everyday guide. It is not a substitute for professional safety training, equipment standards or workplace regulations.

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*For every pair of hands
that has ever reached out
to help someone else.*

Introduction

This Book Is for Everyone

Think about your morning. Before the first meal was on the table, your hands had already done dozens of things. They turned off an alarm. They made tea or coffee. They tied laces, patted a shoulder, scrolled through messages, unlocked a door.

We rely on our hands for almost everything we do. And yet, most of us give them very little thought — until something goes wrong.

If you use your hands, this book is for you.

Hand safety is not only for factories or construction sites. It belongs in every kitchen, every school, every car, every workshop and every home. Hands are hurt in all of these places, every single day. Most of those injuries were preventable.

This book is not about fear. It is about awareness. The small, sensible habits that keep hands working well — in every part of life.

“Prevention is not complicated. It is just a habit that has not started yet.”

Try this today

Notice your hands for just ten minutes today. Count how many different actions they perform. Most people are surprised by the number.

Read this book slowly, or dip in and out of it. Share it with someone younger. Leave it somewhere a colleague or family member might pick it up.

— *The HandHelmet Team*

*The hand moves faster
than caution.*

— HandHelmet®

PART ONE

The Hand Is Always First

The Most Used Tool in the World

Your hands are involved in almost everything you do.

Pick up a cup. Write a word. Scratch your chin. Hold a child's hand on a busy street. Every one of these moments involves your hands, and none of them feels like a task. They just happen.

From the moment you wake up until the moment you fall asleep, your hands are working. They brush, button, stir, swipe, lift, type, grip, wave, wash, carry, fix, open, close and reach. Researchers who have tried to count the number of individual hand movements a person makes in a single day tend to stop counting around fifty thousand.

Hand fact

The human hand contains 27 bones — more than any other region of the body of its size. It also has more than 17,000 touch receptors and free nerve endings in the palm and fingers.

No tool ever invented matches the hand for versatility. It can hold something the size of a grain of rice, or carry something the weight of a suitcase. It can feel the difference between silk and sand.

Did you know?

Your dominant hand performs around 60% more tasks per day than your non-dominant hand — yet most people protect them equally rarely.

“No piece of machinery can do what your hand does before breakfast.”

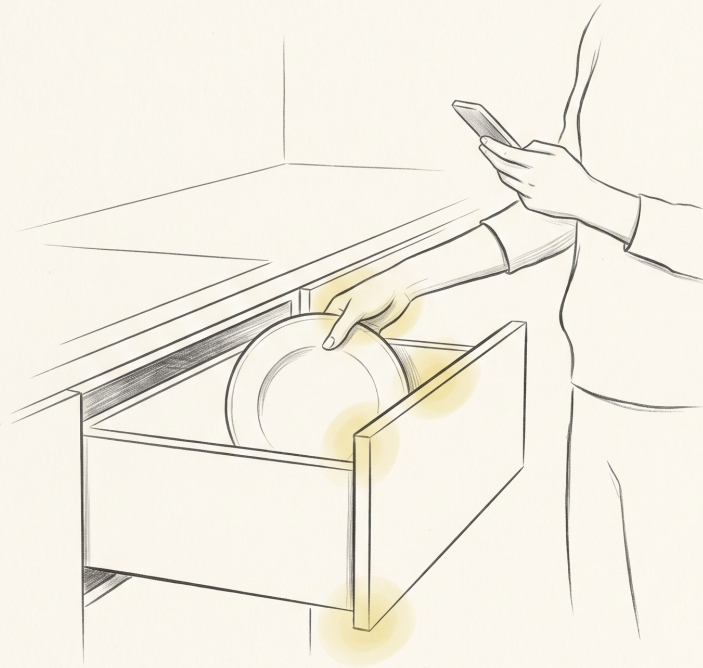
Try this today

Think of five things your hands have already done today before you picked up this book. The list will be longer than you expect.

Rule to Remember

The hand is the body's everyday tool. Treat it accordingly.

Most hand injuries
begin with familiarity.



*We are often injured not during dangerous
moments — but during familiar ones.*



Why Hands Get Hurt So Easily

Because they react first, and think second.

A glass begins to slide off the table. Without deciding to, your hand shoots out to catch it. A door starts to close on a parcel you're carrying. Your fingers go in first. You trip on the pavement and your hands are on the ground before you've finished falling.

This is the hand's great gift — and its greatest vulnerability. It is the first part of the body to move toward a problem. It catches, grabs, pushes, steadies, blocks and braces faster than conscious thought.

Most hand injuries do not happen because someone was being reckless. They happen because the hand moved before the mind had a chance to consider whether that was a good idea.

One Second Moment — The Sliding Glass

A mother in a kitchen reaches out to catch a glass her child has nudged toward the edge of the counter. The glass doesn't break. Her finger does. She was not careless. She was a parent doing what parents do. But in that split second, her hand became the thing that absorbed the impact.

Quick question

True or False: Most hand injuries happen because people are careless.

False. Most hand injuries happen because the hand moved faster than conscious thought — a natural reflex, not carelessness.

Rule to Remember

Do not let your hand become the emergency brake.

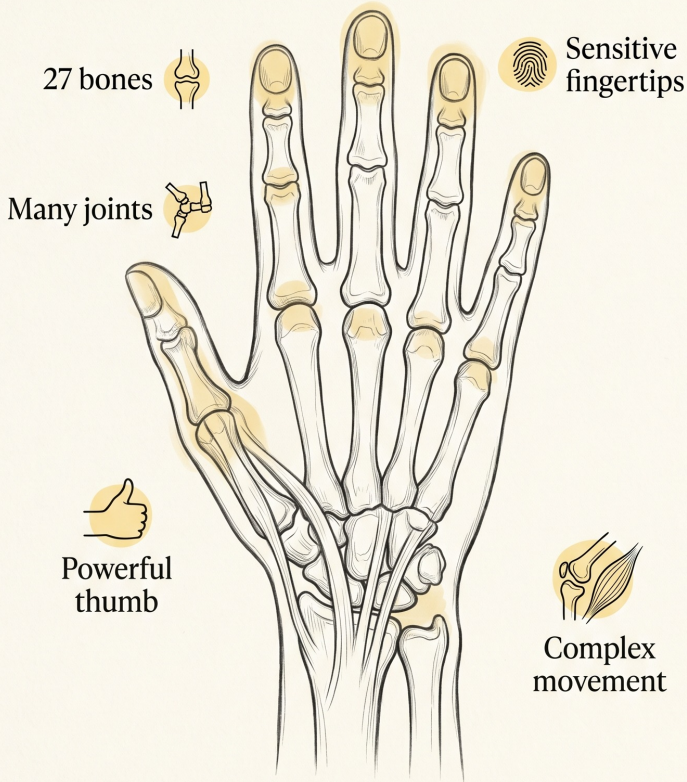
The Hand Is Not Simple

A small injury can change a great deal.

From the outside, the hand looks uncomplicated. But inside, it is a feat of engineering. Twenty-seven bones. More than thirty muscles. A dense network of nerves that gives the fingertips extraordinary sensitivity.

The thumb alone accounts for a remarkable percentage of hand function. Without it, grip becomes limited. Everyday tasks that seemed effortless — opening a jar, buttoning a shirt, holding a pen — suddenly require effort and adaptation.

The Hand Is Not Simple



“Small hand injuries can create big daily problems.”

Hand fact

The little finger contributes roughly a third of overall grip strength. Most people assume it contributes very little — until it is injured.

The tendons in the hand are long, thin and not well supplied with blood. Even small cuts in the wrong place can sever them — and healing can take months.

Look around you

Look at your own hand for 30 seconds. Can you see the tendons moving beneath the skin when you flex your fingers?

Rule to Remember

A small injury to one finger can disturb the whole hand.

Your Hands Are Part of Your Independence

What the hand makes possible in everyday life.

There is something we rarely think about until it changes: the role our hands play in our sense of independence.

Your hands allow you to feed yourself, to bathe, to dress, to write, to drive, to open a door, to type a message, to earn your living, to pray, to create. They are involved in almost every act of personal care and self-expression.

When one hand is injured — even lightly — it is remarkable how quickly you feel the absence. Carrying a bag becomes awkward. Sleeping becomes uncomfortable. Buttons become a small daily challenge.

“A bandaged finger is not a small inconvenience. For a working week, it is everything.”

One Second Moment — The Stubbed Thumb

A sixteen-year-old fractures his thumb playing cricket. Not badly — a small crack. But for three weeks he cannot write at normal speed, cannot play his guitar, cannot scroll his phone comfortably. He had never thought about his thumb before. He thinks about it constantly now.

Try this today

For the next hour, try using only your non-dominant hand for ordinary tasks. This is roughly what life feels like with a minor hand injury.

Rule to Remember

Your hands give you your independence. Protect them like you mean it.

*Most hand injuries begin
with familiarity.*

— HandHelmet®

PART TWO

One-Second Accidents

The Door Pinch

The most common hand hazard in everyday life.

Small hands are easy to miss.



“A moment of attention can prevent weeks of pain.”

© HandHelmet.com

Doors are everywhere. Home doors, car doors, school doors, cabinet doors, lift doors, heavy fire doors, gates, drawers. Almost every door in daily life is a potential pinch point. And almost every one of us has experienced it at least once.

The door pinch is so common that we tend to dismiss it. But the impact of a door closing on a finger is substantial. The force in a self-closing door can easily fracture bone or damage a tendon.

One Second Moment — The Car Door

A man loads shopping into the back of a car and reaches back in to move a bag. His young son pushes the rear door closed. The father's fingers are in the gap. For three weeks, he cannot grip properly. He misses four days of work in the first week alone.

Did you know?

Finger entrapment in doors is one of the leading causes of hand injury in children under ten — and most incidents happen at home, not at school.

For younger readers

A game to play with your family: every time you close a door today, say out loud 'fingers clear' before you shut it. See if you can do it all day.

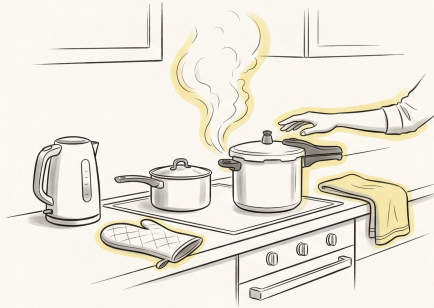
Rule to Remember

Keep fingers away from closing lines. Check before every door closes.

The Kitchen Moment

Where most home hand injuries happen.

Heat is not always visible.



Steam can burn faster than the hand can pull away.

© HandHelmet.com

The kitchen is the room in the house where hands are most active, most exposed and most at risk. Knives, graters, hot pans, steam, boiling water, glass, pressure cookers, food processors and hot oven shelves. It is a concentrated environment of sharp, hot and heavy things.

Most kitchen injuries happen not during complicated cooking, but during the quick, familiar moments. Slicing a piece of fruit quickly. Washing a knife in murky water. Reaching into a drawer without looking.

One Second Moment — The Quick Slice

A teenager makes a sandwich while watching something on a phone propped on the counter. The knife slips. It's a small cut, but deep enough to need medical attention. The phone had not moved. The sandwich was not worth it.

Quick question

True or False: Blunt kitchen knives are safer than sharp ones.

False. Blunt knives require more pressure and are more likely to slip. A sharp knife, used carefully, is the safer choice.

Try this today

Next time you cook, set your phone face down on the far counter before you pick up a knife. Notice how much more present your hands feel.

Rule to Remember

In the kitchen, slow hands are safer hands.

The “I’ll Just Fix It Quickly” Moment

The most common phrase before a home hand injury.

It is Saturday afternoon. The drawer is sticking. The shelf bracket has come loose. The packaging on a parcel needs to come off. The nail needs one more tap. It will only take a minute.

These are the moments when hand injuries most commonly happen at home. Not during big, complex jobs, but during the small ones — the ones we approach without gloves, without the right tool, without the pause that makes a difference.

The tasks most likely to cause home hand injuries: • Cutting packaging or cable ties with a blade • Holding a nail or screw by hand while striking • Reaching into a jammed drawer or appliance • Using a knife as a screwdriver or lever

One Second Moment — The DIY Drawer

A father tries to fix a sticking drawer on a Sunday evening. He has a screwdriver, no gloves, and is in a hurry before dinner. The screwdriver slips on a stripped screw. The cut takes two weeks to fully close. The gloves were in a bag six feet away.

Try this today

Before your next household repair — however small — pause for ten seconds. Find the right tool. Put on gloves if there are any edges or blades involved. Then start.

Rule to Remember

Quick fixes often create slow healing.

Travel quickly. Move your hands carefully.



Many hand injuries happen during ordinary moments we stop noticing.

The Travel Moment

Hands at risk when we are moving through the world.

Travel is a state of distraction. We are managing bags, watching for stops, responding to messages, navigating unfamiliar places. Our attention is divided — and divided attention is one of the most common conditions for a hand injury to occur.

Luggage is heavy and awkward. Car doors and taxi doors close quickly. Train and metro doors are uncompromising. Escalator sides have a moving edge. Scooters and bicycles fall in ways we do not always predict.

One Second Moment — The Platform Gap

A commuter runs for a closing train door. She makes it through, but her left hand catches the edge of the door frame. It is bruised rather than broken, but the pain reminds her every time she types for the next two weeks.



For younger readers

If you ride a bicycle or scooter: gloves are not just for cold weather. They protect your palms if you fall. Falls happen to careful riders too.

Rule to Remember

During travel, protect your grip and watch your fingers.

The Sports and Play Moment

Hands are often hurt when we are enjoying ourselves most.

Not every hand injury happens at work.



Some small impacts stay with us longer than we expect.

© HandHelmet.com

Sports and play are among the most common settings for hand injuries — especially for children, but for adults too. Cricket balls hit fingers at speed. Football falls land on outstretched hands. Gym weights drop. Bicycle handlebars twist in a fall.

Hand fact

The ‘jammed finger’ — a hyperextension injury common in ball sports — can take longer to heal than a clean fracture.

Some risks are smaller than they look.



“Hands move quickly. Jewelry sometimes moves with them.”

© HandHelmet.com

For younger readers

If you play cricket, basketball or volleyball: cup your hands when catching a fast ball — fingers together, palms forming a bowl shape. It spreads the impact.

Rule to Remember

Play hard, but protect your hands. The game will still be there tomorrow.

The Phone Distraction Moment

The most modern cause of hand injury.

Modern life changed how our hands work.



Some hand strain arrives quietly —
one swipe at a time.

© HandHelmet.com

The smartphone has become the most common source of distraction in modern life, and distraction is one of the most reliable predictors of hand injury. Using a phone while cutting food. Checking a message while carrying a heavy box. Filming something while standing near moving machinery.

“A hand that is not being watched is a hand that is not being protected.”

“Hands follow the eyes.”



“When attention moves away, hands often move into risk.”

© HandHelmet.com

The rule is not ‘never use your phone.’ The rule is: when your hands are doing something that requires attention — especially anything involving sharp objects, hot things or moving parts — the phone can wait.

Try this today

For the next meal you cook: no phone on the counter. Place it in another room. Notice how your hands feel more grounded and deliberate.

Rule to Remember

One distracted hand can get hurt very quickly.

*Gloves protect.
Tools prevent.*

— HandHelmet®

PART THREE

Small Accident, Big Consequence

Why Minor Hand Injuries Feel Major

Because hands are involved in almost everything.

A cut on the tip of a finger. A jammed knuckle. A small burn on the palm. From the outside, these sound like the kind of injuries we dismiss with a slight grimace and carry on. But live with any one of them for a few days, and the picture changes.

Suddenly, typing hurts. Using a phone is awkward. Making a cup of tea requires thought. Buttoning a shirt takes twice as long.

Hand fact

People who have experienced a minor hand injury consistently rate its impact on daily life as 2 to 3 times greater than they expected before the injury occurred.

Look around you

Look around the room you are in. Pick ten objects. How many would you need your hands to use? Now imagine one of those hands had a bandaged fingertip.

Rule to Remember

Minor injuries to the hand are rarely minor in how they are lived.

The Hurt Finger Problem

One finger can hold a whole life back.

Every finger has a role in the function of the whole hand. The little finger contributes around a third of overall grip strength — more than most people expect.

One Second Moment — The Swollen Knuckle

A warehouse supervisor jams his middle finger on a pallet edge. Nothing broken, the doctor says. But for three weeks, gripping anything causes him to wince. His whole posture adjusts. A finger, he reflects, turned into a whole-body issue.

Rule to Remember

One finger may look small, but it carries a great deal of daily life with it.

Healing Takes Longer Than the Accident

One second to hurt, weeks to heal.

The accident itself may have lasted a fraction of a second. But the healing is not done. Not for days, often not for weeks, sometimes not for months.

Prevention takes a second.

Recovery takes much longer. Always.

Rule to Remember

Prevention takes a second. Recovery takes much longer.

The Hidden Cost at Work and Home

What a hand injury costs beyond the injury itself.

A hand injury has a visible cost: the pain, the bandage, the medical appointment. But it also carries costs that are less obvious and often larger. At work: lost days, reduced productivity, modified duties. At home: household tasks that fall to others, frustration, disrupted routines.

“The person who gets hurt is rarely the only one who feels it.”

Rule to Remember

Hand safety protects more than just one person.

Confidence After an Injury

What we sometimes lose beyond the physical.

After a hand injury — even one that heals well — something can change in the way a person approaches tools, tasks and activities that involve their hands.

One Second Moment — The Avoidance

A skilled carpenter who catches his hand in a bench vice is physically recovered in six weeks. But for months afterward, he finds himself hesitating at the vice each morning. The hand is fine. The memory is not.

Rule to Remember

Hand safety protects confidence, not only skin and bone.

*Before your hand enters the task,
let your mind enter first.*

— HandHelmet®

PART FOUR

How Hands Get Hurt

Pinch Injuries

When two surfaces close on a finger.

Most pinch injuries happen in the last inch.



Hands are often injured while placing objects down — not while lifting them.

© HandHelmet.com

A pinch injury happens when a finger or part of the hand is caught between two surfaces that come together. Doors, drawers, hinges, trolleys, closing vehicle panels, pipes and pallets are all everyday sources.

Hand fact

Pinch injuries account for around 30% of all hand injuries in warehouse and logistics settings.

Look around you

Right now, can you identify three surfaces near you that could close together? Noticing them is the first step.

Rule to Remember

If two things can close together, your fingers should not be between them.

Crush Injuries

When weight or force traps the hand.

Crush injuries tend to be among the more serious hand injuries. A falling box strikes the hand before it can be moved. A heavy load shifts unexpectedly. A trolley rolls over a foot and the steadying hand is caught underneath.

In loading and warehousing environments, the top three causes of hand crush injuries are: loads shifting during lifting, trolley and cart movement in narrow spaces, and stacked materials that fall or roll.

Rule to Remember

Never trust weight with your fingers.

Cuts and Sharp Edges

Sharp things deserve full attention.

Cuts are the most common type of hand injury across almost every setting. But cuts most often happen during the moments before and after the cutting — when picking the knife up, when setting it down, when washing it, when reaching past it on a bench.

Not everything falling
should be caught.



Many hand injuries happen
during reflex actions — before
the mind has time to think.



Quick question

What is the safest way to hold food when cutting it with a knife?

The 'bear claw' grip: fingers curled under, knuckles forward, fingertips tucked back away from the blade.

Rule to Remember

Sharp things deserve slow hands.

Burns and Heat

Heat is not always visible, but it is always real.

We are good at respecting a visible flame. We are less careful about the hot pan handle, the steam from a pressure valve, the engine component that looks cool but is not.

“Heat is not always visible. But it is almost always avoidable.”

Hand fact

Steam burns tend to be more serious than contact burns from hot surfaces, because steam transfers heat rapidly and often covers a larger area of skin.

Try this today

In your kitchen today: before you touch any pan, lid or metal utensil near the stove, hover your palm 5cm above it first. Feel for heat before making contact.

Rule to Remember

Heat is not always visible. Treat hot processes with respect.

Impact Injuries

The hand is not a shield.

Some injuries come from
force, not sharpness.



Impact gloves do not remove the hazard —
but they can soften the moment.

© HandiHelmet.com

Impact injuries happen when something moving strikes the hand, or when the hand moves toward something solid at speed. A hammer misses the nail. A tool falls from a height. A cricket ball hits the fingertip at pace.

Quick question

True or False: It is always safer to catch a falling object than to let it drop.

False. For heavy, sharp or unpredictable objects, the safer response is to step back and let the object fall.

Rule to Remember

Do not use your hand as a shield against something it was not built to absorb.

Vibration Injuries

The quieter kind of damage.

Hands remember repetition.



Not all hand injuries happen suddenly.
Some arrive slowly and quietly.

© HandHelmet.com

Some hand injuries do not announce themselves. They arrive quietly, over weeks and months, in the form of numbness, tingling, reduced grip strength and a gradual loss of sensitivity in the fingers.

Rule to Remember

If a tool vibrates, your hand needs regular breaks.

Chemical Injuries

Unknown liquids deserve complete caution.

Chemical injuries to the hand range from mild irritation to serious burns. Some substances cause immediate damage. Others penetrate the skin silently and cause effects that appear hours or days later.

One Second Moment — The Clear Liquid

A facilities worker mops up a spill with bare hands. He does not know what the liquid is — it looks like water and does not sting immediately. By that evening, the skin on his palms is red and tight. By the next morning, it has blistered. Chemical gloves would have changed the outcome entirely.

Rule to Remember

Never touch an unknown liquid with bare hands.

Wrist and Repetition Problems

The injuries that build up quietly.

Hands get tired before we notice.



Fatigue changes how hands react,
grip and judge movement.

© HandHelmet.com

Not all hand injuries are sudden. Some are the result of thousands of repetitions of the same movement. Typing. Gripping a tool. Twisting a wrench. These tasks, done without variety or rest, can lead to pain, stiffness, numbness and reduced function.

Signs worth paying attention to: persistent tingling in the fingers, aching in the wrist or forearm after repetitive tasks, reduced grip strength in the morning.

Try this today

If you work at a keyboard: right now, check your wrist position. Aim for a neutral, flat position aligned with your forearm.

Rule to Remember

Repetition can injure quietly. Listen for the early signals.

PART FIVE

Gloves Made Simple

Why Gloves Matter

A bare hand has no second skin.

The skin of the hand is extraordinary, but it has limits. It is not cut-resistant. It is not heat-resistant. It does not protect against chemical penetration. And once damaged, it is slow to repair.

A bare hand has no second skin.

A glove, worn correctly, is that second skin.

Hand fact

In workplaces where glove-wearing compliance increased from 60% to 90%, hand injury rates fell by an average of 70% within twelve months.

Rule to Remember

When the task has a hand risk, a glove is the simplest first protection.

One Glove Cannot Do Every Job

The right glove for the right hazard.

The right glove depends on the hazard.



CUT-RESISTANT GLOVE



IMPACT GLOVE



HEAT-RESISTANT GLOVE



CHEMICAL-RESISTANT GLOVE



GRIP GLOVE



DISPOSABLE GLOVE

One glove cannot do every job.

© HandHelmet.com

Gloves are designed for specific hazards. Using the wrong glove can create a false sense of security. A kitchen oven glove offers almost no protection against a sharp blade. A thin disposable glove will not stop a cut or resist a hot surface.

Quick question

True or False: A leather work glove provides good protection against chemical splashes.

False. Leather is not chemically resistant. For chemical work, a nitrile, neoprene or other chemically appropriate glove is needed.

A useful question to ask before putting on any glove: what is this glove actually designed to protect against? If you are not sure, find out before you start the task.

Rule to Remember

Match the glove to the hazard. The wrong glove can be as risky as no glove.

Cut-Resistant Gloves

For sharp edges in every setting.

Cut-resistant gloves significantly reduce the risk of lacerations when handling sharp objects. They are used in food preparation, sheet metal handling, glass cutting, box-cutting and carton opening. Cut-resistant does not mean cut-proof — slow, deliberate movements around sharp materials are still necessary even when wearing them.

Did you know?

Cut-resistant gloves used in food preparation kitchens have been shown to reduce knife-related hand injuries by up to 60%.

Rule to Remember

For sharp-edge tasks, a cut-resistant glove is your most practical everyday defence.

Impact Gloves

Protecting the back of the hand.

Impact gloves are designed with reinforced protection on the back of the hand — the area most exposed during handling, loading, rigging, construction and tool use.

Rule to Remember

When hands are working close to heavy or moving materials, back-of-hand protection matters.

Heat Gloves

For hot surfaces in kitchens, workshops and industry.

Heat gloves protect within a specific temperature range and for a specific duration of contact. An oven glove rated for brief contact with a pan at 200°C is not the same as a welding glove rated for sustained exposure to intense heat.

Rule to Remember

Heat gloves protect within their design limits. Know what those limits are.

Chemical Gloves

When the hazard is invisible to the eye.

No single glove material is resistant to all chemicals. When working regularly with chemical substances, check the manufacturer's chemical resistance data for the specific substance you are handling.

Rule to Remember

For chemical work, the right glove material matters as much as wearing a glove at all.

Grip Gloves

When the risk is slipping, not cutting.

Grip-enhanced gloves feature textured rubber, latex or silicone coatings on the palm and fingers that increase friction between the hand and the object being handled. Better grip also means less force is needed, which reduces fatigue.

Rule to Remember

Better grip means less force, less fatigue and fewer dropped loads.

Disposable Gloves

Light protection, used thoughtfully.

Disposable gloves are excellent for maintaining hygiene, preventing cross-contamination and protecting against light chemical contact. They are not designed for sharp materials, hot surfaces or heavy-duty handling.

For home use: keep a box of nitrile disposable gloves in the kitchen and another under the sink. Useful for handling raw meat, cleaning chemicals, dyeing hair and first aid.

Rule to Remember

Disposable gloves are not all-purpose gloves. Use them for what they are designed for.

Leather and General Work Gloves

The everyday workhorse of hand protection.

Quality leather is tough, flexible, naturally resistant to abrasion, and durable enough to last through sustained physical work. For gardening, rough loading, general construction and outdoor labour, a good pair of leather gloves is one of the most practical investments a working person can make.

Rule to Remember

For general physical work, a reliable pair of leather gloves is a tool, not an accessory.

When Gloves Become Unsafe

The exceptions and edges of glove protection.

A torn or punctured glove no longer provides the protection it was designed for. A glove that is too large shifts on the hand and can catch on equipment. Near rotating machinery, there are specific circumstances where a glove can increase risk rather than reduce it.

Rule to Remember

A damaged, ill-fitting or wrong-type glove creates the confidence of protection without the reality of it.

PART SIX

When Gloves Are Not Enough

Gloves Protect. Tools Prevent.

The bridge between protection and prevention.

A glove is the final layer of protection. It protects the hand when contact happens. It does not prevent the contact from occurring. The more powerful question is: does the hand need to be there at all?

Gloves protect.

Tools prevent.

The glove manages contact. The tool removes the need for contact. When a task can be performed at a safer distance, that is not a luxury. That is the best possible outcome: the hand was never exposed in the first place.

Rule to Remember

Protect the hand with a glove. Prevent the contact with a tool.



**Gloves
protect.**

**Tools
prevent.**



**The safest hand is often the hand
kept away from the hazard.**

Distance Is Protection

If the hand does not need to enter the danger zone, it should not.

Distance protection looks like: using tongs rather than fingers to retrieve something from a hot pan. Using a push stick to guide material through a cutting tool. Using a hook to retrieve an item from a difficult position rather than reaching into it.

“If the hand does not need to enter the danger zone, it should not be there.”

Rule to Remember

Distance between the hand and the hazard is the most reliable form of protection.

Push, Pull, Guide and Hold

Practical distance in everyday language.

Push tools, pull hooks, guide poles, tongs, holders, grabs, fingersaver devices. In a kitchen, this might be a long-handled spoon or a silicone trivet. In a workshop, a push stick or a magnet on a rod. The common thread: a tool extends the reach of the hand without requiring the hand to enter the zone where the risk lives.

Try this today

Find one tool in your kitchen or workshop that could replace a bare-hand action you regularly do. Use it next time.

Rule to Remember

A tool that keeps the hand away from the hazard is the simplest form of prevention.

The HandHelmet Distance Tool Idea

Designed around a simple principle.

HandHelmet safety tools are built around a single, practical idea: if a task can be performed from a safer distance, the hand should not be forced into the danger zone. The goal is to make the safer choice the easier choice.

Rule to Remember

The safer option needs to be the available option. Keep the right tools within reach.

The No-Touch Habit

The question before every hand movement.

Every hand safety habit starts with a question, asked quickly, before the hand moves toward a task: Can I do this without touching it directly?

The safest contact is the contact you avoid.

For younger readers

Before you touch anything that looks sharp, hot or heavy: stop for one second. Ask: do I need to use my hands directly, or is there a safer way?

Rule to Remember

Before the hand moves into a risk, ask: is there a safer way to do this?

PART SEVEN

Universal Hand Safety Rules

Pause Before the Hand Moves

The most important rule in this book.

If there is one rule that sits above all others in this book, it is this: before the hand enters the task, let the mind enter first. Not for a long time. Just for a moment — a breath, a glance, a half-second of looking at what you are about to do.

“Before your hand enters the task, let your mind enter first.”

Try this today

For the next task your hands are about to do — whatever it is — pause for exactly one breath before you start. Notice what you see in that breath that you might otherwise have missed.

Rule to Remember

Before your hand enters the task, let your mind enter first.

Look for the Pinch Point

Identify the closing gap before your fingers are in it.

A pinch point is any location where two surfaces can come together in a way that would trap part of the hand. Learning to spot one before working near it is one of the most practical skills in everyday hand safety.

Look around you

Can you find five pinch points in the room you are in right now? Drawers, doors, hinged items, furniture with wheels. Once you learn to see them, they are everywhere.

Rule to Remember

Identify the pinch point before your fingers are close to it.

Keep Fingers Out of Blind Spots

If you cannot see your fingers, you cannot protect them.

A blind spot is any location where the fingers or hand cannot be directly seen during a task. Under furniture being moved. Inside a machine. Behind a door or panel. Between stacked items. When the hand operates in a blind spot, the feedback loop is broken.

Rule to Remember

If you cannot see your fingers, slow down or find a tool instead.

Do Not Catch Falling Objects

Sometimes the right move is to step back.

Not everything that falls should be caught. A heavy tool, a sharp object, a piece of glass, a full pan — these are things where the attempt to catch can cause more harm than letting the item reach the floor.

For younger readers

If you ever drop a knife or sharp object while cooking: step back and let it fall. A knife on the floor can be picked up carefully from the handle.

Rule to Remember

A falling object is not always worth a broken finger to catch.

Beware of Stored Energy

Things under tension can release without warning.

Stored energy is the energy held within an object that is under tension, compression or pressure. Ropes pulled tight. Springs compressed. Strapping wound around a load. When stored energy releases suddenly, the force can be significant and the direction unpredictable.

Rule to Remember

If something is under tension, assume it can release suddenly. Keep hands clear.

Do Not Rush with Sharp Things

Slow and deliberate is faster than recovering from a cut.

Speed around sharp objects is the most reliable precursor to cuts. Know where the blade is. Know where your free hand is. Cut away from the body. Set the tool down safely rather than placing it loose on a surface.

Rule to Remember

Sharp things deserve deliberate, attentive hands.

Keep Hands Away from Moving Parts

The machine does not know your hand is there.

Moving machinery operates without awareness of what is near it. It does not slow down when a hand approaches. It does not stop when it makes contact. All of the responsibility for maintaining safe distance rests entirely with the person.

Rule to Remember

If the machine is moving, your hands should not be near the moving parts.

Use the Right Tool, Not the Hand

The hand is not a substitute for equipment.

Hands were not designed to function as hammers, clamps, brakes, hooks, wedges, scrapers or shields. A palm used to test whether a surface is hot. A finger used to clear a jammed mechanism. Each of these is the hand being used as equipment, in a situation where equipment should be doing the job.

Rule to Remember

Find the right tool. The hand is too valuable to use as a substitute.

Remove Jewellery and Loose Items When Needed

A ring is beautiful, but it can catch.

Rings, bracelets, watches and loose-sleeved clothing can all create hand hazards in certain working environments. For any task involving machinery, heavy loads, climbing or rough materials, remove rings and jewellery before starting.



Rule to Remember

For physical tasks with machinery or loads, remove rings and jewellery before you begin.

Teach Children Early

The habits children learn first are the ones they keep longest.

Safe habits are often taught
long before work begins.



Awareness often begins at home.

The foundations are simple and can be shared in the most ordinary moments: do not put fingers in doors. Hot things stay hot even when they are not on the flame. If something is stuck, ask an adult rather than reaching in.

For younger readers

For children reading this: you are not too young to know about hand safety. In fact, the earlier you learn these habits, the more they will protect you for the rest of your life.

Rule to Remember

The best time to teach hand safety is before the first injury. Teach it early, teach it often.

Make Safety Normal at Home

Not a set of rules, but a way of doing things.

The most effective safety culture is the one that does not feel like a culture at all. It is simply the way things are done. A pair of gloves near the cleaning products under the sink. A cut-resistant glove in the kitchen drawer near the bread knife. Gardening gloves by the back door.

Try this today

Spend five minutes today checking where your household gloves are. Are they accessible? Are they in good condition?

Rule to Remember

Make protection easy to reach. The glove in the drawer gets used. The glove in the shed does not.

Make Safety Normal at Work

The difference between a rule and a habit.

Supervisors and team leaders have a particular role to play. The tone they set around safety — whether they pause and check, whether they model the habits they ask of their team — matters more than any training session.

“Safe habits become the norm when they are modelled, not just required.”

Rule to Remember

Safe habits become the norm when they are modelled, not just required.

PART EIGHT

Hand Safety in Everyday Places

At Home

The place with the most varied hand risks.

The home contains more variety of hand risk than almost any other environment. Kitchen blades and hot surfaces. Cleaning chemicals under the sink. Garden tools in the shed. Power tools in the garage. Doors and drawers in every room.

Look around you

Right now, without moving from where you are: can you identify two potential hand hazards within reach? A drawer, a pair of scissors, a hot drink, a sharp edge on furniture?

Rule to Remember

Know the hand risks in your home. Then make protection easy to find.

At School

Building the foundations of a lifetime of safe habits.

A child who learns to use scissors correctly, to handle a craft knife with care, to wear gloves in the chemistry lab, and to be aware of closing doors is building habits that will serve them throughout their lives.

For younger readers

If your school has a workshop or science lab: those rules about gloves and safety equipment exist because real people worked out the hard way what happens when they are skipped.

Rule to Remember

What children learn in school about safety, they carry into every other environment.

Small habits. Important hands.



HANDS OUTSIDE MOVING VEHICLES
Distance changes quickly at speed.



HOLDING RAILINGS WHILE WALKING
Hands help balance before we notice losing it.



LOADING LUGGAGE INTO A CAR TRUNK
Most pinch injuries happen while setting things down.



WET HANDS HOLDING GLASS OR PLATES
Grip changes when hands are wet.

Many hand injuries begin during ordinary moments we stop thinking about.

During Travel

Moving through the world with your hands protected.

Travel puts hands under an unusual combination of stresses: grip fatigue from luggage, impact risk from closing doors, repetitive strain from driving, and the general vulnerability that comes from being in unfamiliar environments with divided attention.

For younger readers

If you cycle or ride a scooter: cycling gloves are one of the easiest safety upgrades you can make. They make a real difference if you fall.

Rule to Remember

Travel puts different demands on your hands. Prepare accordingly.

In Offices

The low-risk environment that still carries risk.

Offices seem, at first, to be low-risk environments. But hand risk in offices is real. Paper cuts are minor but frequent. Drawers and filing cabinets close on fingers regularly. And the most pervasive office hand issue — repetitive strain from keyboard work — affects a significant portion of office workers over time.

Rule to Remember

Office hand risk is real. Ergonomics and awareness are the right response.

In Workshops and Garages

Where enthusiasm and risk meet most directly.

The most common hand injuries in workshop settings: lacerations from cutting tools, burns from engines and hot components, crush injuries from heavy parts, and chemical exposure from oils and solvents. The right glove for the task should be as automatic a selection as the right tool for the task.

Rule to Remember

In workshops, the right glove is part of the right tool selection. Both matter equally.

In Factories and Warehouses

Where the hand risk is highest and habits matter most.

The difference between a workplace with a good hand safety record and one without is rarely about the quality of the rules. It is about whether those rules are lived, modelled and respected at every level.

Rule to Remember

In industrial settings, hand safety is a shared responsibility. It works when everyone is involved.

In Sports and Fitness

Protecting the hands that help you perform.

Athletes and fitness enthusiasts put their hands through significant demand. Grip strength is tested. Impact is absorbed. Repetitive motions strain tendons and joints. Falls are common.

For younger readers

For anyone who plays sport: if you fall, try to land on the flat of your palm with your wrist slightly raised, not on your fingertips. It makes a real difference.

Rule to Remember

Your hands make your performance possible. Protect them as part of your training.

PART NINE

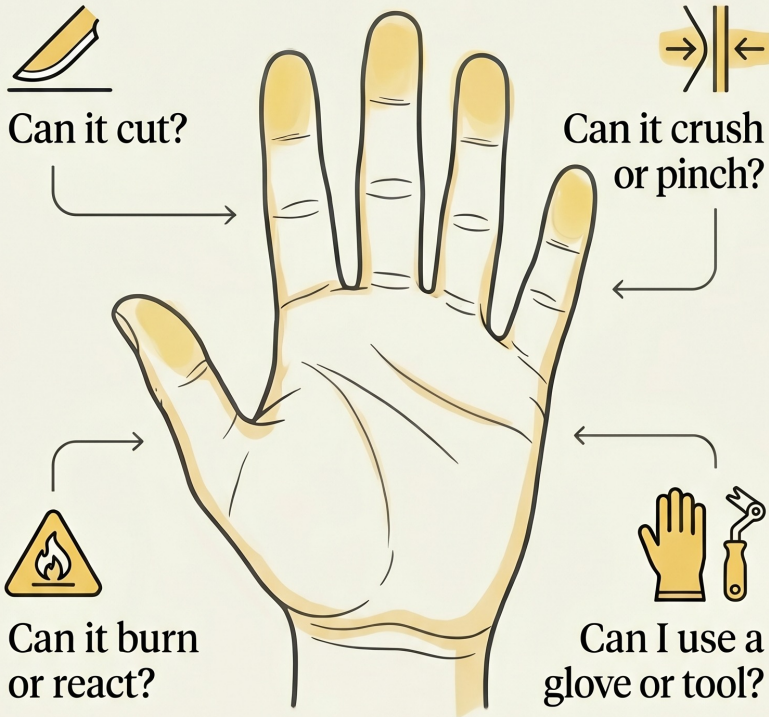
The HandHelmet Habit

The Four Questions Before Touching

A simple check that changes a great deal.

Before any task that involves the hands, four questions. They take about three seconds. Over time, they become automatic.

Four Questions Before Touching



“Before your hand enters the task,
let your mind enter first.”



These four questions do not replace knowledge, training or experience. They are the brief, habitual check that catches the moment of risk that knowledge and experience have begun to take for granted.

For younger readers

These four questions work for children and teenagers too — at home, in class, in sport. Make them a habit and they will protect you long after you've forgotten where you first read them.

Rule to Remember

Four questions. Three seconds. A lifetime of better decisions.

Choose the Glove

A simple, practical reminder.

Every hazard has a glove designed for it. Knowing which glove does which job is one of the most practical things a working person or an active family member can carry in their head.

*Sharp edges or blades → Cut-resistant glove Hot surfaces or sparks → Heat-resistant glove
Chemicals, solvents or cleaners → Chemical-resistant glove Impact, crushing or heavy loads →
Impact glove Wet, oily or slippery surfaces → Grip glove Hygiene, food or medical tasks →
Disposable glove General outdoor and rough work → Leather work glove*

Rule to Remember

The right glove is the one designed for the specific hazard in front of you.

Choose the Tool

When distance reduces danger, use the distance.

For every task where the hand must enter a zone of risk, ask whether a tool could create distance between the hand and the hazard. The habit of choosing the tool before reaching with the hand is one of the most transferable safety skills a person can develop.

Rule to Remember

If a tool can do the reaching, the hand should stay at a safe distance.

Teach One Rule to Someone Else

Safety becomes stronger when it is shared.

A habit you keep to yourself changes one pair of hands. A habit you teach to someone else changes two. And the habit they pass on changes many more.

“A safety habit becomes stronger when it is taught to someone younger.”

Try this today

Think of one person in your life who would benefit from a single rule from this book. Send it to them today. Just one sentence. That is enough.

Rule to Remember

Share one thing from this book with someone else. That is how it spreads.

The HandHelmet Promise

Built around one simple idea.

HandHelmet was created around a single, practical idea: hand safety should be simple, visible and within reach of everyone.

This means gloves designed for real tasks performed by real people. It means tools that address the moment of contact before it becomes a moment of injury. It means resources — like this book — that talk about hand safety in a language that anyone can understand and anyone can share.

Simple. Visible. Within reach.

That is the HandHelmet promise.

We hope this book has been useful to you. Pass it on.

— HandHelmet®

Look at Your Hands

*Look at your hands for a moment.
Think of everything they help you do.*

*Work. Cook. Hold. Build. Write.
Play. Care. Create. Reach. Protect.*

Now give them the respect they deserve.

Behind every pair of hands is a life connected to others.

HandHelmet®

Twenty Rules Worth Keeping

1. The hand is the body's everyday tool. Treat it accordingly.
2. Do not let your hand become the emergency brake.
3. A small injury to one finger can disturb the whole hand.
4. Your hands give you your independence. Protect them like you mean it.
5. Keep fingers away from closing lines. Check before every door closes.
6. In the kitchen, slow hands are safer hands.
7. Quick fixes often create slow healing.
8. During travel, protect your grip and watch your fingers.
9. Play hard, but protect your hands.
10. One distracted hand can get hurt very quickly.
11. Prevention takes a second. Recovery takes much longer.
12. Sharp things deserve deliberate, attentive hands.
13. Heat is not always visible. Treat hot processes with respect.
14. Do not use your hand as a shield against something it was not built to absorb.
15. If a tool vibrates, your hand needs regular breaks.
16. Never touch an unknown liquid with bare hands.
17. Repetition can injure quietly. Listen for the early signals.
18. Match the glove to the hazard.
19. If the hand does not need to enter the danger zone, it should not be there.
20. Before your hand enters the task, let your mind enter first.

Glove Selection Quick Guide

Match the glove to the hazard.

Hazard	Glove type	Typical uses
Sharp edges / blades	Cut-resistant	Kitchen, sheet metal, glass
Hot surfaces / sparks	Heat-resistant	Oven, welding, hot pipes
Chemicals / solvents	Chemical-resistant	Cleaning, oils, lab, industrial
Impact / crush	Impact glove	Construction, loading, tools
Wet / oily surfaces	Grip glove	Logistics, food production
Hygiene / food / medical	Disposable	Food prep, cleaning, first aid
General outdoor / tools	Leather work glove	Gardening, rough handling

Parent & Child Hand Safety Checklist

For everyday safety at home and at school.

- Doors: Teach children to keep fingers away from closing lines. Wait before closing car doors.
- Kitchen: Knives and hot surfaces are not for unsupervised use. Teach 'slow hands' near sharp things.
- Tools: Basic tools can be introduced with supervision and the right size glove.
- Falls: Teach children to land on open palms in a fall, not extended fingers.
- Playground: Dry hands on bars and ropes. Look before reaching under or inside equipment.
- School: Scissors, craft knives and lab materials all carry hand risk. Know the rules.
- Chemicals: Never touch unknown liquids. Even household cleaners can irritate or burn.
- Gloves: Gloves are not just for winter. Keep a pair for cleaning, gardening and rough work.
- Phones: Phones and sharp or hot tasks do not mix. One distracted moment is enough.
- Modelling: Children follow what they see. The safest thing you can do is do it yourself.

Workplace Hand Safety Checklist

For employees, supervisors and safety teams.

- Glove availability: The right gloves for each task are available, accessible and in good condition.
- Glove condition: Gloves are inspected before use. Damaged gloves are removed and replaced.
- Task assessment: Each task with hand risk has been assessed for the appropriate protection level.
- Distance tools: Push, pull and guide tools are available for high-pinch and close-contact tasks.
- Machine guarding: Guards and safety devices are in place and functioning on all relevant equipment.
- Jewellery policy: Employees know when rings, watches and bracelets should be removed.
- Reporting culture: Hazards can be reported without concern. Near-misses are discussed openly.
- Supervisor behaviour: Supervisors model the safety habits they expect from their teams.
- Training: New employees receive practical hand safety training, not just written instruction.
- Pace and rest: Workloads allow tasks to be performed safely. Rushing is not the norm.
- Repetitive tasks: Rotation, breaks and ergonomic tools are in place for repetitive hand work.
- First aid: Trained first aiders and first aid kits are accessible to all employees.

About HandHelmet®

HandHelmet was founded on a simple belief: protecting the hands should be as natural and universal as protecting the head.

We design and source gloves, distance tools and hand safety resources for workplaces, homes and communities around the world. Our products are chosen and developed with one question in mind: does this make the right choice the easy choice?

This book is not a product catalogue. It is a resource we hope will find its way into homes, workplaces, schools and waiting rooms — wherever someone might pick it up and find something useful.

HandHelmet® • www.handhelmet.com

Gloves. Tools. Habits.

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it should not be there.”*

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