

## Hammers/Chisels

One of the most common causes of hand injuries is from the improper use of hammers and chisels. Both are responsible for a high number of eye injuries as a result of flying nails, metal or concrete chips.

### Guide for Discussion

#### *Chisel Use*

- Never use a chisel with a mushroomed head.
- Always wear eye protection.
- Hold the chisel between the thumb and forefingers – don't make a fist around the chisel.
- Do not grip a chisel if your hands are numb.
- If another worker is nearby, place yourself between the other worker and the chipping area.
- Always use sharp chisels.

#### *Hammer Use*

- Use the right type of hammer for the job.
- Only use hammers in good condition.
- Use only hammers to drive objects.
- Always grip the hammer close to the end and grip it tightly.
- Whenever possible, wear eye protection.
- Always concentrate on the striking point.
- Strike blows as squarely as possible.
- Be sure there is an unobstructed back swing.
- Don't strike blows with the side of the hammer.
- Never strike a hammer or tempered tool with another hammer.
- Always keep your hammer free of grease and oil.
- Never allow someone else to hold a nail or chisel while striking it.

### Additional Discussion Notes:

The company policy on wearing eye protection on the job is *Insert Company Policy*

**Remember:** In addition to using common sense and following the techniques we discussed earlier, wear safety glasses or goggles when chiseling around metal, concrete or shooting nails. Both will decrease the chances of receiving eye or hand injuries.

### Attendees:

NOTE: Always promote a discussion on any of the topics covered in the Tool Box Talks. Should any question arise that you cannot answer, don't hesitate to contact your Employer.