

Toolbox Talk: Pinch Point & Caught-Between Hazard Awareness

FACILITIES MANAGEMENT – CUSTODIAL OPERATIONS

DURATION: 5–10 MINUTES

Many workplace injuries occur not during complex tasks, but during **routine daily activities**. Employees can suffer serious hand and finger injuries when body parts become caught between moving objects and stationary surfaces. If it can move, swing, close, drop, or shift — **it can injure you.**

What is a Pinch Point?

A pinch point exists anywhere a body part can become trapped between:

- Two moving objects
- A moving object and a stationary object
- Closing doors or gates
- Hinged lids or covers
- Mechanical equipment components

Injuries typically involve fingers, hands, wrists, and arms — but can affect any part of the body.

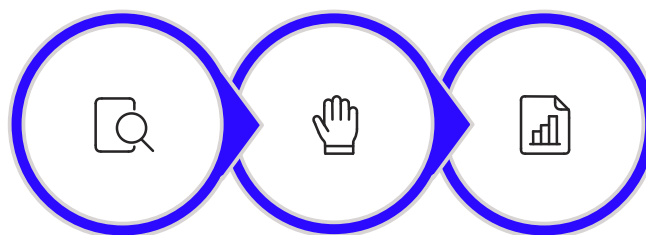
Common Hazard Examples

- Doors closing unexpectedly
- Trash can lids falling shut
- Cabinet doors and drawers
- Gates and fences
- Equipment covers and access panels
- Rolling carts and fixed objects
- Hinged containers
- Vehicle doors and compartments

Resulting Injuries

- Bruises, contusions, cuts, and lacerations
- Pinched fingers and crushed fingertips
- Fractures and lost work time

Safe Work Practices



Before

During

After

Environmental Factors

- Wind causing doors or gates to move unexpectedly
- Gravity causing lids or covers to close
- Damaged or poorly adjusted door closers
- Congested work areas

Human Factors

- Hands placed in the line of fire
- Distractions during routine tasks
- Rushing to complete work
- Failure to recognize pinch points
- Complacency due to task familiarity

Equipment Factors

- Missing hold-open devices
- Damaged hinges or latches
- Poorly maintained equipment
- Unexpected movement of movable components

Common Causes of Caught-Between Injuries STOP – Ask Yourself Before Every Task

1

What can move?

Identify every door, lid, gate, or component that could shift during your task.

2

What can close?

Look for hinged surfaces, covers, and panels that could swing or drop shut.

3


Where could my hand get caught?

Trace the path of your hands and fingers through the entire task before starting.

4

Am I in the line of fire?

Reposition yourself so your body is never in the path of a moving object.

 If you can answer those four questions before starting a task, you can significantly reduce your risk of injury. **Never assume equipment will remain in position on its own.**

Think About These Questions

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- What pinch points do you encounter **every day**?
- Have you identified any doors, gates, or lids that **move unexpectedly**?
- What could happen if your hand was in the **wrong place at the wrong time**?
- What **simple step** can you take today to prevent a hand injury?

Key Takeaways



Routine Tasks Are High Risk

Most pinch-point injuries occur during everyday, familiar tasks – not complex operations.



Keep Hands Clear

Keep hands and fingers out of the line of fire at all times. Use handles and designated gripping points.



Secure Moving Objects

Secure doors, lids, and movable objects whenever possible before beginning work.



Report Immediately

Report damaged equipment and near misses immediately so hazards can be corrected before an injury occurs.



Situational Awareness

Awareness is your best defense. Slow down, work deliberately, and stay alert to moving objects around you.

"If it can move, swing, close, drop, or shift – it can injure you. Take a moment to identify pinch points before beginning any task."

Employee Sign-In Sheet

Employee Name	Signature	Date

Supervisor: _____

Department: _____

Date Conducted: _____