



“TOOLBOX TALKS” SERIES



CAUGHT/STRUCK

“Caught-in/between” and “struck-by” hazards are two of OSHA’s “Focus Four.” These types of incidents continue to cause many fatalities and serious injuries each year.

A struck-by injury is caused by forcible contact with or impact of the injured person and an object or piece of equipment. A caught-in/between injury may be similar to struck-by injuries, but caught-in/between injuries can be determined if the injury was created more as a result of a crushing injury between two objects.

Struck-by hazards are categorized by objects that are *flying, falling, swinging* or *rolling*. Caught-in/between hazards are categorized by cave-ins, being pulled into or caught in machinery and equipment, or being compressed or crushed between rolling, sliding or shifting objects.

To protect yourself from struck-by hazards, ensure that:

- *all hand tools are maintained in good condition*
- *all tools equipped with guards have guards in place*
- *only trained and authorized employees are allowed to operate powder-actuated tools*
- *compressed air is not be used for cleaning purposes*
- *all stacked materials shall be secured to prevent sliding, falling or collapsing. Secure all materials and tools when working at elevated heights.*
- *toe boards are erected along the edge of overhead walking/working surfaces and scaffolds*
- *proper head, eye, face and hand protection is worn*

To protect yourself from caught in or between hazards:

- *use machinery that is properly guarded*
- *use methods to ensure that machinery is sufficiently supported, secured or otherwise made safe*
- *protect yourself from being pinned between equipment, materials or other objects*
- *protect yourself on excavation sites*
- *never walk under suspended loads*
- *always make contact with equipment operators before walking in front of, behind or around equipment*
- *equip all motorized equipment with an operating back-up alarm*

A critical key to prevention of all injuries is *situational awareness*. Being keyed-in to what is going on around you, knowing what you are doing and staying alert are the foundation of situational awareness. Always look out for these types of hazards on the jobsite, and don’t put yourself in a situation where you could become injured.

