

Dear valued partner,

In this month's safety newsletter, we will be discussing machine guarding and pinch points. According to OSHA, poor machine guarding leads to about "**18,000 amputations, lacerations, crushing injuries, abrasions, and over 800 deaths every single year.**" Those numbers amount to approximately 2 injuries every hour and 2 deaths every day.

Which of the following is not considered a type of machine guarding?

- a) Fixed guards
- b) Armed guards
- c) Self-adjusting guards
- d) Adjustable Guards
- e) Interlocked guards

Answer at the end of the email.



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



WHAT IS Machine Guarding and what are Pinch Points?

Machine guarding refers to protections on or around machines to safeguard human operators from hazardous conditions or injury. Machine guards, sometimes referred to as safeguards, are the protective devices that cover the hazardous or injurious parts of engineering machines.

OSHA defines a pinch point, sometimes called a nip point, as any point where a person or part of their body can be caught between moving parts or between a moving object and a stationary object. Some examples of pinch points may include but are not limited to: conveyor belts, gears, belts, pulleys, heavy doors or frames, and moving vehicles and fixed structures.



WHAT ARE DIFFERENT TYPES OF MACHINE GUARDING?

Fixed guards - Fixed guards are safeguards that do not have any moving parts and are permanently attached to engineering machines. Examples of fixed guards would be fences, barriers and blade covers.

Adjustable guards - Adjustable guards are also permanently attached to engineering machines. However, they have moving parts that can be manually adjusted to suit different operating conditions.




Self-adjusting guards - Self-adjusting guards function like adjustable guards. They create a small opening that allows operators to interact with the machine. However, self-adjusting guards automatically adjust when a machine operator begins work on the dangerous parts of the machine.

Interlocked guards - Interlocked guards are safeguards with movable parts that automatically cut off the power supply, or shut down when they are tampered with. They are oftentimes used at points that lead to the interior of engineering machines.



SAFETY TIPS FOR PREVENTING Pinch Point Injuries

Follow these tips to help avoid incident or injury:

	<p><u>PPE:</u></p>	<ul style="list-style-type: none"> • Gloves • Safety Shoes • Snug fitting clothing: to prevent loose articles of clothing from getting caught in moving parts • Machine guarding • High visibility clothing: so equipment and vehicles can see you more easily
	<p><u>MAINTENANCE AND INSPECTION:</u></p>	<ul style="list-style-type: none"> • All machinery should be properly maintained, with appropriate guards in place to protect everyone from moving parts. Part of ensuring pinch point safety should include regular, scheduled inspections to identify potential risks
	<p><u>CLEAR SIGNAGE:</u></p>	<ul style="list-style-type: none"> • OSHA requires employers to post proper signs warning workers of potential workplace hazards, including pinch points. Post signs around pinch point areas to alert all workers of the hazard.



Rockwood Resources:

- [Machine Guarding](#) – Toolbox Talk
- [Pinch Points](#) – Toolbox Talk
- [Working Near Machinery & Equipment](#) - Toolbox Talk
- [Worker Position](#) - Toolbox Talk
- [Guarding-Blade Guard and Finger](#) – Poster
- [Machine Guarding](#) - Poster
- You can find additional Rockwood Toolbox Talks [here](#).

MSHA, OSHA and other Resources:

- [Machine Guarding - Overview | Occupational Safety and Health Administration](#)
- [Avoid getting pinched](#) – Safety and Health Magazine
- [Guarding Machinery at Metal and Nonmetal Mines | Mine Safety and Health Administration \(MSHA\)](#) – PowerPoint presentation
- [Pinch Points | Mine Safety and Health Administration \(MSHA\)](#) – Pinch point safety tips video



Learn more about **Machine Guarding and Pinch Points 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 **Streamery** videos on **Machine Guarding and Pinch Points**:

- **Machine Guarding and Conveyor Safety:** 13 min / SKU: 2825 + 2825-S / English & Spanish
- **Machine Guarding: The Basics:** 6 min / SKU: 5462 / English
- **Caught-In/Between Hazards in Construction Environments:** 14 min / SKU: 3486 / English
- **Caught Between Hazards: One of Construction's Fatal Four:** 12 min / SKU: 5057 + 5057 - / English & Spanish
- **Many more on Streamery**



BONUS MATERIALS:

1. WINTER DRIVING

"Whether it's snow, sleet or ice, winter weather can cause extremely dangerous road conditions. In 2022 there were 498 fatal traffic crashes, and an estimated 32,213 injury crashes that occurred when there was snow/sleet conditions at the time of the crash. Preparing yourself – and your vehicle – for winter weather is key." Follow these tips from the National Highway Safety Administration, OSHA, and FEMA to help protect you during these winter months:

[Winter Weather Driving Tips: Prepare Your Vehicle | NHTSA](#)

[Winter Driving | OSHA](#)

[10 Tips to Stay Safe on the Road this Winter | FEMA.gov](#)

2. ACTIVE SHOOTER VIRTUAL TRAINING

The Bureau of Workers' Compensation is partnering with the Pennsylvania State Capitol Police to offer active shooter virtual training on several dates in December.

The Active Shooter training is designed to inform participants how to respond when an active shooter/active threat is in your vicinity and how to quickly determine the most reasonable way to protect your safety.

All events will be held from 10:00 a.m. to 12:00 noon. Registration will be limited to 1,000 participants per event. Please click on the date below to register for this valuable training.

Active Shooter

[Wednesday, December 4](#)

[Thursday, December 5](#)
[Tuesday, December 10](#)
[Wednesday, December 11](#)
[Thursday, December 12](#)
[Tuesday, December 17](#)
[Wednesday, December 18](#)
[Thursday, December 19](#)

You can register for any of our training events online by visiting our website [PATHS Training Calendar](#).

3. SEAT BELT COVERS



Don't forget that Rockwood Casualty is providing **FREE** high visibility seatbelt covers to our insured to assist in enforcement of seatbelt use by employees. Please contact safetysolutions@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.

ANSWER: Which of the following is not considered a type of machine guarding?

- a) Fixed guards
- b) Armed guards**
- c) Self-adjusting guards
- d) Adjustable guards
- e) Interlocked guards

Armed guards are security officers that carry a firearm and do not relate to machinery.



#RockwoodSafetySolutions #LossControl #SafetyTips

Thank you for your continued partnership,
Rockwood Loss Control Team
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