

## Hand Safety

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**Duration** 25 Minutes

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**Target group** Oil & Gas Industry

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**Prerequisites** No prerequisites are required to sit this course.

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**Objective**

- LO1: Understand the importance hands
- LO2: List the common causes of hand injuries
- LO3: Describe work related hand and finger injuries
- LO4: Explain the different treatments for hand and finger injuries
- LO5: Describe the hierarchy of controls
- LO6: Explain how to avoid hand injuries during lifting activities
- LO7: Explain how to select, use and care for gloves

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**Contents**

The course is available in the following languages: English; Brazilian Portuguese; Spanish; Norwegian; Bahasa Malay; Indonesian; Thai

This course has been designed to provide an awareness of how, and why, a wide variety of hand related injuries can occur in the workplace. You will also learn how to treat specific injuries, along with practical advice on how to prevent them from occurring in the first place.

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**Exam** The assessment is taken during the course and is within the expected duration.