

### Stored Energy

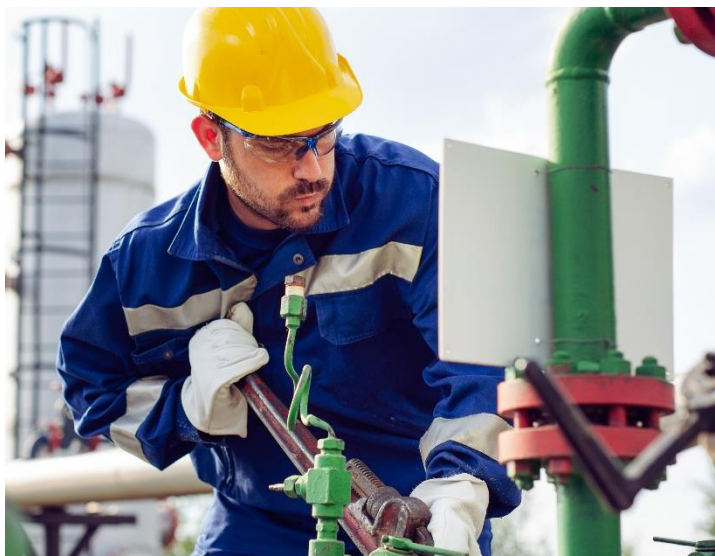
We use our hands for virtually all work tasks and when pent up energy unexpectedly releases, we can often find our hands are in the line of fire.

### Potential hand injuries associated with stored energy can include:

- Hydraulic fluids under pressure.
- Pneumatic energy under pressure.
- Unexpected release of electrical energy.
- High centre of gravity may topple a piece of equipment unexpectedly.
- Pushing or pulling a wrench or tool.
- Power tool binds and the energy releases.

### How to protect yourself and others:

- Always be aware of hand placement.
- Identify and Control hazards of the task before starting the task.
- Lock-out and tag-out energy sources before starting maintenance.
- Identify if there are multiple energy sources present on the same piece of equipment.
- When applying force on a tool (pushing or pulling) determine the direction and prepare for its unexpected slip or release.
- Always use the right tools for the job and ensure those tools are in good condition.
- Wear the proper Personal Protective Equipment (PPE).
- **Use the hierarchy of controls and plan your work accordingly.**



**Ask yourself, “If the energy source is released unexpectedly, which direction will the energy go?”**

### Summary

Working around stored energy you can be faced with all types of different glove requirements. Make sure you are always using the right glove for the task. Recognize that gloves are your last line of defence and will not offer you total protection from injuries were stored energy is present.

## Let’s discuss what could affect you and your co-workers

Can you list the stored energy hazards in your work area that you will potentially be handling?

Am I using the right gloves to for the right task?

What are some other ways we can protect ourselves when it comes to stored energy?

MEETING DESCRIPTION			
Meeting Date:		Time:	
Location:		Supervisor:	
Number in Crew:		Number Attended:	
Attended By:			Absent

REVIEW ITEMS FROM PREVIOUS MEETING	INCIDENTS/INJURIES REVIEWED

TOPICS DISCUSSED
1.) <b>Hand Safety – Stored Energy</b>

WORKERS CONCERNS

CORRECTIVE ACTIONS TO BE TAKEN

MEETING CONDUCTED BY			
Supervisor:		Manager:	
Date:		Date:	