

# 9-15-2025 - TBT - Pinch Points

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### What is a pinch point?

A pinch point occurs when two objects come together, posing the risk of injury to a hand or finger or even a person that gets caught between them. Pinch points injuries are most commonly [hand injuries](#), but they can impact any part of the body if you are not careful.

A crush injury occurs when a body part is put under pressure by another object. They often happen when a part of the body is squeezed between two heavy objects. Pinch points are a common hazard that leads to crush injuries.

### Examples of pinch point hazards

Pinch point hazards are not always easily identified on a construction site. You must be aware of everything that could potentially make you at risk for an injury. Some common places on a jobsite for pinch point injuries can include:

- A pair of pliers
- [Excavators](#)
- Concrete blocks
- Unsecured materials
- Chains and pipes
- Machinery
- Truck doors

These are only some examples of potential pinch point hazards on a job site. Pinch point hazards are everywhere, though. There is a hazard for a pinch point anywhere that a piece of equipment is transmitting energy. Should you have any questions about pinch point hazards, notify your foreman.

### How to prevent pinch point injuries

There are a few tips and safety controls you can practice to avoid pinch point hazards and injuries. These include, but are not limited to:

- Avoid shortcuts.
- Inspect machines and guards often.
- Follow all lockout/tag-out procedures.
- Pay attention to where your hands are around any moving parts or parts that have the potential to move.
- Do not place your hands where you cannot see them.
- Wear the proper gloves and [PPE](#) for jobs where you could get injured.
- Properly block any equipment or parts where stored energy can be released.
- Communicate with your coworkers when working with materials that could cause a hazard.
- Make sure you are properly trained before operating and maintaining equipment.
- Never walk away from a machine that is turned on or coasting.
- Keep floors clean and free of debris to prevent falls and injuries.

These are not the only tips and safety procedures you can follow to ensure your safety on a job site, just some to make you aware of the hazards around you. As always, should you have any questions about the rules and tips you should ask your supervisor for clarification.

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