Prevent...

accidents of the hand
Come to know the risks and traps threatening our hands

Mechanic injuries are related to cutting, shearing and rolling instruments, or pointed devices, gearwheel and dragging machines etc...

Chemical injuries: many elements (degreasing substances, oils, dyes, paints and cleaning solutions) can seriously damage the skin and the soft tissues, especially if high pressure injected.

Thermal injuries (hot and cold): vapour, tailpipe, soldering and metal casting induce serious burning lesions. Be aware the frozen hand decreases significantly the sensibility to defensive pain!

Infective injuries: wounds contaminated by toxins or germs, in particular in the animal bites, frequently evolve in severe infections and sepsis.

“Natural” injuries: vegetable thorns, fishbone, sea urchins, mussels etc... can induce wounds and severe infections at the hand and fingers.

In children, be aware to burning and crushing injuries!

In children less than one year old, the 33% of accidents are burning injuries. The kitchen is one of the most dangerous place. The kitchen is one of the most dangerous place. Crushing injuries by doors are highly frequent in children.

In children, sport activities and playing time are not free from risks

The 20% of incidents are related to falling down, often during playing and sport activities. The other more frequent mechanisms of lesions are cutting and beating injuries.

The falling down will be more dangerous increasing the age!

In more than 50% of over 65 years old people a falling down occurs.
Come to prevent the accidents and risks securing our daily surrounding environment

A correct prevention system and method could avoid more than 33% of accidents

- Be aware!
  In 60% of cases, the injuries are related to inattention. Keep a watch to your hands and handled instruments. Take of what you do!
- Be alert!
  Stress, tension, tiredness, fasting, alcohol abuse increase the risk of accidents. Serenity! Low grade of skill, expertise and high grade of haste are also relevant risk factors.
- Tetanic vaccination!
  More than 50% of lesions at the hand are wounds.

Don’t forget every 10 years to repeat the tetanic vaccination!

Take care of existing safety measures!

- At work, there is a skill medical doctor to select the specific safety measures for your work. Take care of information about the utilization and function of the work machines, and respect the safety rules!
- At home, let’s use the electronic instruments in safety. Read the operating instructions!
- In the kitchen, be careful of children. Take care of hot pot, cupful, toxic products, glasses and knifes!
- In the garden, be careful of mowing machine. Don’t clear the blades without switch off the machine. Also when the blades are stopped they are very dangerous. Be aware to the chainsaw, it’s also a very dangerous machine. There is not lumberjack skill enough!
- During the hobbies, read and come to know the operating instructions before using a specific and unknown tool. Don’t extemporize yourself plumber, plumber, carpenter or bricklayer. Remove rings, necklace, bracelet and watches; they are real traps when we use rapes or rolling and pulling-out machines. The necklace or ring can hook to something and lead to a degloving injury of the finger! Remove your rings before it could be too late!
- During sport activities: use the correct protections at the wrist and hand. Respect and do respect these recommendations.

Protect our hands!

Protect yourself with gloves is not a coquetry! They protect the hands avoiding cuts, pricks and burns during the work, the hobbies, gardening and in the kitchen.
Be reactive!
In all cases, avoid traumatic or strangling means to stop bleeding. Take the hand up and apply a compressive elastic dressing overall the wound. It is enough to stop the bleeding.

Be effectiveness!
- In presence of an amputation of the finger or hand:
  1 - Pick up all the amputated segments and wrap them in sterile gauze moistened with physiological saline solution, and then put into a plastic bag.
  2 - Place the bag in a container with ice cubes.
  3 - Wrap the stump of the patient with a compressive elastic dressing and elevate the arm.

- In presence of a partial amputation:
  1 - Immobilize the hand.
  2 - Apply a compressive elastic dressing.
  3 - Maintain hypothermia only of the not perfused segment with instant-ice-packs fixed around it.

- In presence of wound:
  1 - Clean and medicate the wound with a not colored disinfectant.
  2 - Apply a compressive elastic dressing and elevate the arm.

- In presence of burn:
  Put the hand under cold water for 10 minutes.
Our hands are so precious such as vulnerable

Our hands are complex and evolved devices, conducted by our brain. They allow to handle and manipulate with care or strength, to feel the shape and nature of the objects, to feel the warm, the cold.

Our hands are so precious
They have a skeleton of about 30 bones and joints, a complex net of blood, vessels, nerves, tendons, ligaments and muscles, covered by the skin.

Our hands are vulnerable
A simple wound just 2 millimeters deeply can induce a lesion of these nerves, tendons or arteries, or lead to a severe infection within few hours!

The hand is the most often injured part of the body.
Every year more than one million accidents at the hand are reported, and more than one third are severe lesions leading to severe functional impairments or definitive loss of function.

The most frequent causes of incidents at the hand

- The 66% are daily activities related trauma. They happen during the house work, sport activities and hobbies.
- One third of the lesions happen during work activities. They are the most relevant reasons to have a partial or total inability to work.
- The hand trauma often involves the children. Children from 10 to 14 years old are the most frequent victims.
What to do?

In case of emergency (amputation and severe trauma)

Immediately contact the local emergency phone number

- The emergency service will prompt provide to transport the patient to the nearest hospital.
- The emergency service of the hospital will provide to contact the regional referral hand trauma Centre to plan the transfer and treatment.

In presence of a less severe trauma: simple wound, contusion etc ...

The absence of bleeding and pain doesn’t mean that there isn’t a significantly injury or a possible danger! Don’t neglect a trauma at the hand, ask always the opinion of a medical doctor!

- Your medical doctor or medical doctor at the work place.
  He will suggest you and recommend the correct care and medication of the wound or trauma.
- A Hand Surgeon.
  The Hand Surgery is a complex medical field. If a surgical treatment is requested by the lesion, contact a Hand Surgeon.

Contact and explore the website of the Hand Surgery Society of your Country.

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