



GOALS

This safety session will teach trainees that:

- There are hazards with even such simple tools as hammers.
- It is important to select the right type of hammer for your job.

Applicable Regulations: 29 CFR 1910.242



1. Probably everyone who has ever used a hammer knows one hazard—they've whacked their thumb. Ouch!

- Eye injuries are another common risk—always wear safety glasses. The materials you work with can splinter or shatter and fly up.
- Hammers can also cause serious injuries when they fall on someone, especially from a ladder or scaffold.
- A loose hammer head can also fly off and hit someone.

2. Choose a good quality hammer—here are some features to look for.

- The face of the hammer should have a slight crown so it won't mar the surface when it strikes.
- A larger face will produce surer strokes and faster nail driving.
- The claws should be tapered to slip under nail heads of all sizes and be designed for maximum nail-pulling leverage.
- Wood or fiberglass handles tend to be more shock-absorbent than stainless steel handles.
- A 16-ounce hammer is probably best for all-around use, but both lighter and heavier models are available for special purposes.

3. Inspect your hammer before you use it.

- Be sure that the handle is tight—a loose handle can cause the head to fly off and cause a serious injury.
- Make sure the face of the hammer is in good condition and not chipped or cracked—it may mar your working surface and it won't do a good job of nailing, either.

4. Practice using the hammer properly.

- Drilling a pilot hole will make your job easier if you are working with a hard wood surface.
- Grasp the handle firmly, but don't hold it too tightly. Your grip should be similar to shaking hands with someone.
- Hold the nail with your thumb and forefinger and place it where it will be driven. In some cases, you may find it easier to hold the nail with pliers instead of your fingers.
- Begin driving the nail with short strokes—tap it lightly to set it in place.
- Keep your eye on the head of the nail.
- Finish driving the nail with firm, smooth strokes, keeping the striking face parallel to the surface being hit.
- Be careful not to mar your work surface.



5. Select the correct type of hammer for your job.

- A rip hammer has a straight claw and is used for framing and ripping.
- A ball-peen hammer has a rounded metallic head and is suitable for driving a chisel or a punch.
- Soft-face hammers are chosen for assembling furniture or jobs that require nonmarring blows.
- Tack hammers are used to drive small nails and for installing carpeting or for upholstery work.
- Masonry hammers are specially designed to work with that type of material.

6. Here are some safety do's and don'ts for working with hammers.

- Don't forget your safety glasses and add safety shoes and a hard hat to protect yourself against falling tools or other materials.
- Make sure you have enough room to work safely without injuring any co-worker.
- Never use a lightweight hammer on tasks that require heavy blows. Choose a hammer of sufficient weight so that only a natural swing is required.
- Keep a straight arm and allow the weight of the hammer to do the pounding, not your arm.



DISCUSSION POINTS:

What types of work will your trainees be performing? Demonstrate the different types of hammers they may be using and explain which is appropriate for a particular task. Remind them of any hazards in their work environment that they should remember to keep themselves safe.



CONCLUSION:

Learning to use a hammer correctly and safely will make your job easier and more productive.



TEST YOUR KNOWLEDGE:

Have your employees take the quiz on Working Safely with Hammers to see if they understand the basic rules or whether they need to review this important subject again soon.



WORKING SAFELY WITH HAMMERS QUIZ

- 1. The only hazard with using a hammer is whacking your thumb.**
a. True b. False
- 2. The face of the hammer should have a slight crown.**
a. True b. False
- 3. A larger face will produce surer strokes and faster nail driving.**
a. True b. False
- 4. A stainless steel handle is the most shock-absorbent.**
a. True b. False
- 5. A 16-ounce hammer is probably best for all-around use.**
a. True b. False
- 6. Inspect your hammer before you use it and be sure that the handle is tight so the head can't fly off.**
a. True b. False
- 7. Drill a pilot hole; then begin driving the nail with short strokes and tap it lightly to set it in place.**
a. True b. False
- 8. Keep the striking face of the hammer parallel to the surface being hit.**
a. True b. False
- 9. A ball-peen hammer has a rounded metallic head and is suitable for driving a chisel or a punch.**
a. True b. False
- 10. Always wear safety glasses, safety shoes, and a hard hat when using a hammer.**
a. True b. False

When you have completed this quiz, turn it in to your supervisor.

Name: _____

Date: _____



ANSWERS TO WORKING SAFELY WITH HAMMERS

1. b. False. Eye injuries are another common risk—always wear safety glasses. A loose hammer head can also fly off and hit someone.
2. a. True.
3. a. True.
4. b. False. Wood or fiberglass handles tend to be more shock-absorbent.
5. a. True.
6. a. True.
7. a. True.
8. a. True.
9. a. True.
10. a. True.