


# KEEP YOUR HANDS TO YOURSELF!

An illustration of a hand holding a blue cloth over a broken yellow gear. The gear is cracked and broken into pieces, with some pieces scattered below. The background is a dark purple with motion lines around the gears.

**Always use  
machine guards  
and other safety  
equipment.**

**Protect your  
hands every day.**

- **Stretch and exercise hands regularly.**
- **Wash hands thoroughly after working with chemicals.**
- **Wear the proper gloves for the job.**