



Training Solutions, Delivered!

# **NIP POINTS AND PINCH POINTS**

**Leader's Guide, Fact Sheet  
& Quiz**

**Item Number: 5167**  
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*This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.*

## **PREPARING FOR THE MEETING**

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

## **CONDUCTING THE PRESENTATION**

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

## 5167 NIP POINTS AND PINCH POINTS FACT SHEET

**LENGTH: 1:43 MINUTES**

### **PROGRAM SYNOPSIS:**

Our hands are exposed to countless workplace hazards that can cause severe injuries: machinery that can pinch or crush, knives and sharp tools that can cut or puncture, corrosive or irritating chemicals, extreme heat or cold and ergonomic-related hazards. Hand, wrist and finger injuries often have severe consequences such as extended time away from work and physical rehabilitation. Fortunately, most hand injuries can be prevented by following safe work practices and wearing appropriate PPE. This program explains how the hazards of nip points, also called pinch points, are created and the precautions that must be followed to avoid them.

### **PROGRAM OBJECTIVES:**

After watching the program, the participant should be able to explain the following:

- How nip point hazards are created;
- Where in-running nip points are often located and why they are so dangerous;
- What precautions to follow to avoid injuries when working around moving machinery with nip points.

### **INSTRUCTIONAL CONTENT:**

#### **NIP POINTS & PINCH POINTS**

- A nip point is any place in which a body part can fit between a moving object and a fixed surface or fit between two moving solid objects. Nip points, also called pinch points, can cause severe, crushing injuries or amputations.
- An “in-running” nip point is an even more serious hazard created by two parts that move towards each other or when one part moves inwards past a fixed object. This creates a hazard that can easily grab or pinch a finger, hand or arm while also pulling it deeper into the hazard, leading to severe injuries or death.
- In-running nip points are often located where belts or chains approach pulleys or gears, material feed points, powered rollers on conveyors or where rotating parts approach stationary components.
- You need to always be on the lookout for pinch points and in-running nip points when working around moving machinery and material handling operations.
- Many traumatic injuries occur when workers reach into a nip point to clear a jam or feed stock into a machine. Never remove, bypass, cheat or reach around any machine guard or other safety device.
- During normal operations, employees are protected from these types of hand hazards by machine guarding or protective light curtains. When guards or safety devices are removed, such as during maintenance operations, a lockout/tagout must be performed.

## **NIP POINTS AND PINCH POINTS**

### **ANSWERS TO THE REVIEW QUIZ**

1. a

2. b

3. a

**NIP POINTS AND PINCH POINTS**  
**REVIEW QUIZ**

Name \_\_\_\_\_ Date \_\_\_\_\_

*The following questions are provided to determine how well you understand the information presented in this program.*

1. An in-running nip point can easily grab or pinch a finger, hand or arm while also pulling it deeper into the hazard.
  - a. True
  - b. False
  
2. You should only remove, bypass, cheat or reach around a machine guard or other safety device when the power to a machine has been cut off.
  - a. True
  - b. False
  
3. When the guards or safety devices on a machine are removed, a lockout/tagout must be performed.
  - a. True
  - b. False