

**Table 1: Solutions to Prevent Caught-in/between Injuries**

Event	Hazard	Solution
Caught in or compressed by object or equipment	Hand or other body part pinched or squeezed in between parts of machine	<ul style="list-style-type: none"> <li>• Train all workers in use of safety equipment such as emergency shut-off devices before use<sup>1</sup></li> <li>• Ensure adequate machine guarding is in place and properly secured on all moving parts before starting work<sup>1</sup></li> <li>• Use proper lockout and tagout procedures to ensure that equipment is not accidentally energized during maintenance or repair<sup>1,2a</sup></li> <li>• Use machines where moving components are internalized<sup>2b</sup></li> <li>• Keep hands and body away from moving parts<sup>1</sup></li> <li>• Wear appropriate work boots<sup>3</sup></li> </ul>
	Hair, clothing, or jewelry caught in between parts of equipment	<ul style="list-style-type: none"> <li>• Wear closefitting clothing and secure loose sections of cloth<sup>4</sup></li> <li>• Do not wear jewelry at work, tie back long hair, and keep facial hair short or secured<sup>4</sup></li> </ul>
	Pinned between equipment and wall or other immovable object	<ul style="list-style-type: none"> <li>• Never stand between moving materials and an immovable structure<sup>5</sup></li> <li>• Never work in swing radius of rotating equipment<sup>5</sup></li> <li>• Wear a seatbelt when operating vehicles to avoid being thrown from the vehicle and subsequently crushed<sup>6</sup></li> <li>• Always wear high visibility apparel that is appropriate for the job task and work environment<sup>6</sup></li> <li>• Keep vehicle foot controls free of mud, ice, snow, and debris<sup>7</sup></li> <li>• Regularly inspect and maintain side screens, restraint bars, and other safety devices<sup>7</sup></li> <li>• Use audible back-up alarms for heavy equipment<sup>2c</sup></li> </ul>
Caught in or crushed in collapsing materials	Materials handling; crushed by collapsing structure or tip overs; crushed by walls that collapse during demolition	<ul style="list-style-type: none"> <li>• Inspect crane operations before use and ensure supporting surface can support load<sup>3</sup></li> <li>• Use caution when handling materials<sup>3</sup></li> <li>• Stack and store materials properly to reduce collapse hazards<sup>3</sup></li> <li>• Never exceed load capacity of equipment<sup>3</sup></li> <li>• Secure vertically stacked drywall panels with stabilization clip<sup>2d</sup></li> <li>• Inspect and illuminate all stairways and passageways; inspect all ladders<sup>8</sup></li> <li>• Laterally brace all stand-alone walls higher than one story<sup>8</sup></li> <li>• Never stand between load and ground or other structure<sup>5</sup></li> </ul>
	Trenches and excavations; cave ins	<ul style="list-style-type: none"> <li>• Use shoring equipment, trench box or shield in all excavations 5 feet deep or more, and remain inside protection system at all times<sup>2e,2f,9</sup></li> <li>• Keep exit ladder or ramp within 25 feet of worker at all times<sup>6</sup></li> <li>• Use sloping, benching, shoring, or shielding techniques<sup>9</sup></li> <li>• Secure any nearby equipment, soil, or other materials that could fall or roll into excavations and keep at least 2 feet from trench edge<sup>9</sup></li> <li>• Inspect trenches after water intrusion or rain<sup>9</sup></li> <li>• For excavations more than 20 feet deep, a professional engineer must design the system to protect workers<sup>9</sup></li> </ul>