

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"> • Train all workers in use of safety equipment such as emergency shut-off devices before use¹ • Ensure adequate machine guarding is in place and properly secured on all moving parts before starting work¹ • Use proper lockout and tagout procedures to ensure that equipment is not accidentally energized during maintenance or repair^{1,2a} • Use machines where moving components are internalized^{2b} • Keep hands and body away from moving parts¹ • Wear appropriate work boots³
	Hair, clothing, or jewelry caught in between parts of equipment	<ul style="list-style-type: none"> • Wear closefitting clothing and secure loose sections of cloth⁴ • Do not wear jewelry at work, tie back long hair, and keep facial hair short or secured⁴
	Pinned between equipment and wall or other immovable object	<ul style="list-style-type: none"> • Never stand between moving materials and an immovable structure⁵ • Never work in swing radius of rotating equipment⁵ • Wear a seatbelt when operating vehicles to avoid being thrown from the vehicle and subsequently crushed⁶ • Always wear high visibility apparel that is appropriate for the job task and work environment⁶ • Keep vehicle foot controls free of mud, ice, snow, and debris⁷ • Regularly inspect and maintain side screens, restraint bars, and other safety devices⁷ • Use audible back-up alarms for heavy equipment^{2c}
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"> • Inspect crane operations before use and ensure supporting surface can support load³ • Use caution when handling materials³ • Stack and store materials properly to reduce collapse hazards³ • Never exceed load capacity of equipment³ • Secure vertically stacked drywall panels with stabilization clip^{2d} • Inspect and illuminate all stairways and passageways; inspect all ladders⁸ • Laterally brace all stand-alone walls higher than one story⁸ • Never stand between load and ground or other structure⁵
	Trenches and excavations; cave ins	<ul style="list-style-type: none"> • Use shoring equipment, trench box or shield in all excavations 5 feet deep or more, and remain inside protection system at all times^{2e,2f,9} • Keep exit ladder or ramp within 25 feet of worker at all times⁶ • Use sloping, benching, shoring, or shielding techniques⁹ • Secure any nearby equipment, soil, or other materials that could fall or roll into excavations and keep at least 2 feet from trench edge⁹ • Inspect trenches after water intrusion or rain⁹ • For excavations more than 20 feet deep, a professional engineer must design the system to protect workers⁹