



DECEMBER 23 — Strangulation Hazard

Walked by another contractor working and noticed he was wearing a chain.

I stopped contractor and told them jewelry is not permitted in the plant due to risk of getting snagged in machinery while working.

A worker walked into the job wearing a **metal chain** something he wore daily and no longer registered.

Around rotating shafts, belts, or even handheld tools, a dangling chain can catch instantly and pull with immense force with zero reaction time.

A simple chain can snag and bite,
Turn routine work into sudden fright.
Remove the risk, remove the snare,
Keep neck and gear from danger's snare.

The danger wasn't the chain itself; it was the fact that the worker forgot it was even there. Familiarity blindness turned that chain into an invisible threat inches from his throat.

Wearing a chain near machinery is like wearing a scarf in a windstorm. Eventually it's going to get pulled.

Hazards

- Strangulation
- Entanglement
- Zero escape time
- High-force injury

Stats

- 700+ entanglement injuries occur annually.
- Most victims say: "I forgot I was wearing it."

Words of Wisdom

- No jewelry around moving parts.
- If it dangles, it strangles.

Pause and Think

Familiarity blindness occurs when the brain stops registering things it sees or wears regularly. To reduce mental load, the mind filters out familiar objects like keys, badges, strings, and jewelry until they essentially become invisible.

The danger is that rotating equipment doesn't forget. What you no longer notice can still be caught, pulled, and tightened by machinery faster than you can react. This blind spot turns everyday items into high-risk hazards.

- What familiar items do *you* forget you're wearing?
- Where have you seen familiarity cause blind spots?
- How can we help each other catch entanglement hazards sooner?