



May 7 — More Force, Less Control

I saw a person tightening bolts and he did not have his gloves on and he was double wrenching hand tools which is not the right way to use hand tools.

I stopped him and asked him to get his gloves on and only use one wrench because using 2 is very dangerous

The bolt was tight. Too tight for one wrench. So more force was added. Two wrenches. More leverage. More effort. It works. It gets the job done. But it changes everything.

Double wrenching isn't controlled force. It's increased force without control. And when something gives a slip, a break, a sudden release all that energy goes somewhere. Usually into the hands. Now add one more piece to it. No gloves.

So when that force releases, there's nothing between the hand and whatever it hits next.

Sharp edges. Hot surfaces. Another piece of equipment. It happens fast. No time to ease into it. No time to pull back. The correction was simple.

Use the right tool. Use one wrench. Wear the gloves. Because the goal isn't just to get it tight.

It's to stay in control while you do it.

Hazards

- Sudden release of stored energy
- Slips causing hand and finger injuries
- Impact against nearby surfaces
- Lack of hand protection
- Line of fire exposure to mechanical force

Stats

- Hand injuries are among the most common workplace injuries
- Improper tool use increases risk of sudden loss of control
- Many injuries occur during tightening/loosening tasks
- PPE significantly reduces severity of hand injuries

Words of Wisdom

- More force isn't more control
- If you have to force it, rethink it
- Protect your hands they're always in the line of fire

Pause and Think

When something doesn't move easily, it's natural to add more force.

Another wrench. More leverage. Just enough to get it done.

But that's where control starts to disappear. Because when it finally breaks loose, it doesn't do it slowly.

And whatever is in the path — your hands included takes that hit.

- Am I using tools the way they're designed?
- Do I add force instead of stepping back and reassessing?
- Am I protecting my hands before applying force?
- Would I stop before setting myself up like this?