

5 Tips for Working with Metalworking Fluids

[Metalworking fluids](#) are crucial to many industries, whether used as coolants, lubricants, oils or one of their many other applications. They have some fantastic properties which make them incredibly useful, such as stopping burning and smoking and lowering heat and friction.

However, they are not the safest materials to work with and can cause irritation, nose bleeds, coughing and various other symptoms if ingested. For that reason it is important to take the relevant precautions to ensure that you are always working safely and effectively.

Below are 5 tips to ensure that when you work with metalworking fluids you are doing so in the safest environment possible:

Sanitise!

Wash your hands on a regular basis. Whenever you have a break, go home or stop working then make sure you give your hands a good scrub. If your skin does happen to come into contact with the fluid then wash it off straight away and seek medical help.

Wear Protective Gear

Having the right equipment is essential to working safely with metalworking fluids. You should always wear protective gloves and a safety mask to protect you from fumes, whilst an apron and protection for other parts of your body are advisable.

Avoid Food

Food and drinks are not compatible with metalworking fluid! Do not bring them into areas where you will be working. If they become contaminated then it could lead to serious health issues.

Regular Health Checks

It's important to remain healthy when working in this kind of environment, and the only way to ensure that is happening is to visit the doctor regularly for check ups. You should ensure you have asthma checks and if there is ever any risk of exposure to the fluids then you should be checked over by a competent professional.

Good Working Conditions

Your workplace is key to a safely working with metalworking liquids. Your working environment should be well ventilated and there should be safety procedures in place which everyone who works in the area should understand fully.

If all these tips are followed then you can be confident that you are working in a safe environment with these potentially harmful fluids, and can maximise the many benefits they have to offer!