Caught Between: Avoiding ‘Strike,-Caught,-Crush’ Injuries with Equipment Picture This



In the image, the worker is standing directly in the crush zone of an active excavator attachment, placing his hands on the moving component. He is far too close to heavy equipment that is clearly in operation, with no communication or safe distance maintained. His posture shows panic, indicating he is reacting instead of

planning. This creates a high-risk “caught-between” situation where even a small movement from the machine could trap or crush him instantly.

Workers should always stay out of the swing radius, pinch points, and crush zones of heavy equipment, maintaining constant visual and radio communication with the operator. Only trained personnel should guide or signal, and they must do so from a safe, designated location. Equipment must be fully stopped and secured before anyone approaches the attachment. Following these practices prevents deadly caught-between, struck-by, and crush injuries on active work sites.