Wearing jewelry provides an outlet for personal expression. Some jewelry has special meaning, like a wedding band, and therefore people are resistant to not wearing it at work. For safety reasons, there are some times when we should rethink things.

Loose or dangling jewelry can create a safety hazard. Bracelets & watches can catch on controls turning equipment on unintentionally. Jewelry with protrusions, or any jewelry for that matter, may catch on components and can pull the wearer into moving parts, injuring the wearer or even killing them. Ever heard of a finger being “degloved” by a ring hanging on an object? If not, look up the term and avoid images if you are squeamish.

Metal conducts electricity, and an electrical charge through a ring, watch band, or necklace can be extremely hazardous. Severe burns can result. In addition, accidentally touching electrical contacts with metal jewelry can damage the equipment, especially important when working around computer parts.

Metal also conducts heat, which makes it a hazard to wear jewelry while working around anything hot. This may include anyone working in a kitchen or handling a welding torch. A ring can become superheated and severely burn the finger.

Wedding bands now come in more metals than just silver and gold. Tungsten and titanium have become popular in the last few years. However keep in mind that these newer option that are lighter weight, but also extremely hard metals. Therefore making them require special tools to cut through in the event it needs cutting off at the emergency room. While not impossible, your local hospital may not have those tools or it may require a longer time to remove the ring than if it was just silver or gold.

Okay, so now we know metal jewelry can be dangerous to wear while working, but what about wearing those silicone rings as an alternative?

While silicone rings are a great option, as they break easier than metal and are not conductive, there are also hazards with even them.

Rings and watches provide hiding places for bacteria that may cause food-borne illness or worse. This should also be a consideration in lab environments or any job task where good sanitation is a factor.

Any ring can create several safety hazards for those working around chemicals. A spilled or splashed caustic chemical can get under a ring, burning or irritating the skin.

Jewelry can not only be a hazard at work but also during other things such as exercise, sports, working at home on your vehicle or yard work. So consider the previous mentioned hazards and decide if you really need jewelry on for the activities you will be participating in today or is it just causing an unnecessary safety hazard.

Sources:
- http://blog.kenyon-international.com/2017/03/