

NATURAL POSITIONS

Hands and Wrists



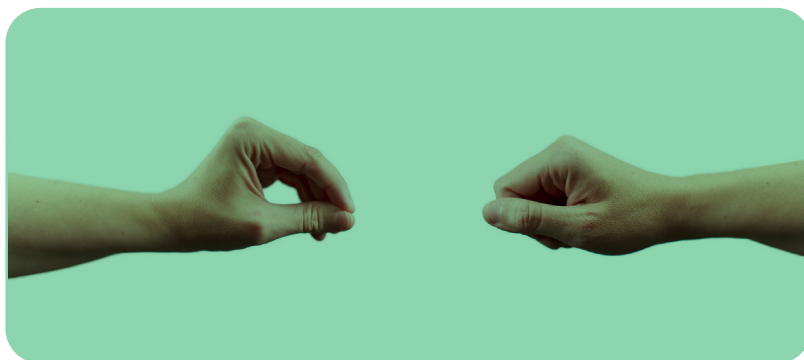
The natural position of the hand at rest... fingers curled with the wrist slightly bent back



The natural position of the hand when in a power grip... fingers tightly curled and the wrist bent back

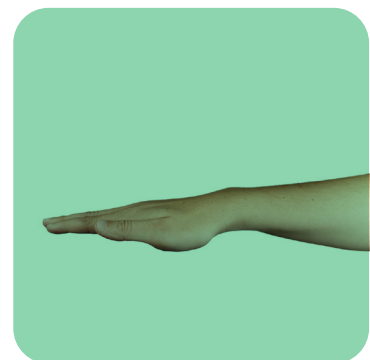


The natural position of the hand when in a keyboarding posture... fingers slightly curled and the wrist slightly bent back



Pinch and Lateral Pinch

The natural position of the hand when in a pinch grip... fingers slightly curled and the wrist bent slightly back



The position of the hand when the fingers are straight... the wrist is straight too.

This is not a position often used at work

GREEN – No action required if tasks are not held or repeated for long periods and no MSD symptoms are reported.

YELLOW – Investigations and improvement needed in the longer term.

ORANGE – Further assessment or improvement needed immediately.



For more info visit:
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hurt**