

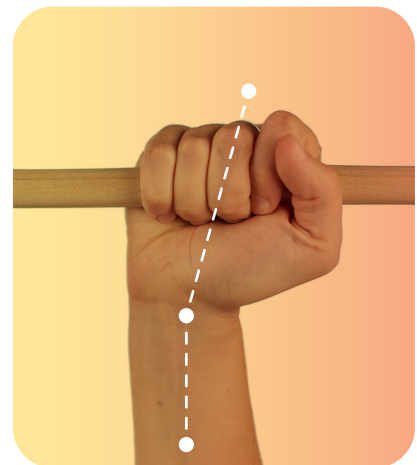
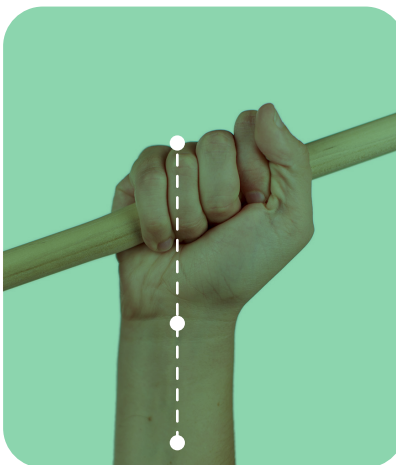
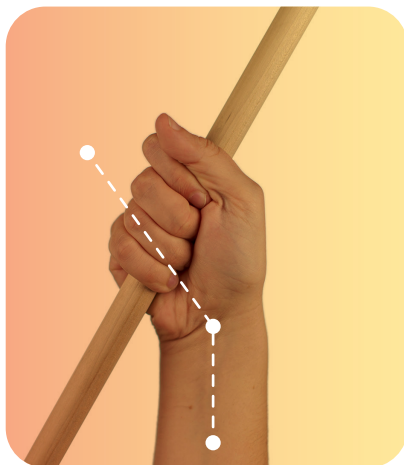
STRONG AND NATURAL POSITIONS

Hands and Wrists



Power Grip

The object touches the palm of the hand and the fingers. Uses the whole hand.



Good Power Grip

Strong position and a good size grip is best for high force tasks.

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:
msdprevention.com

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**Work
shouldn't
hurt**