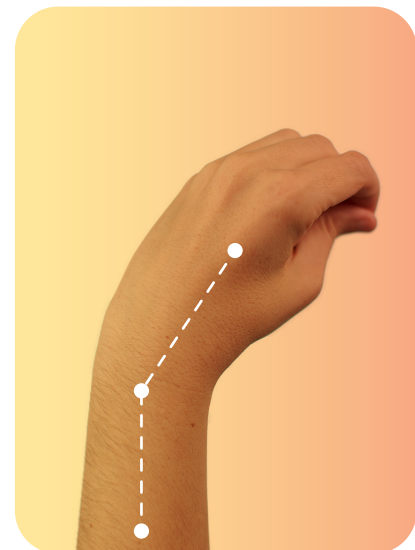
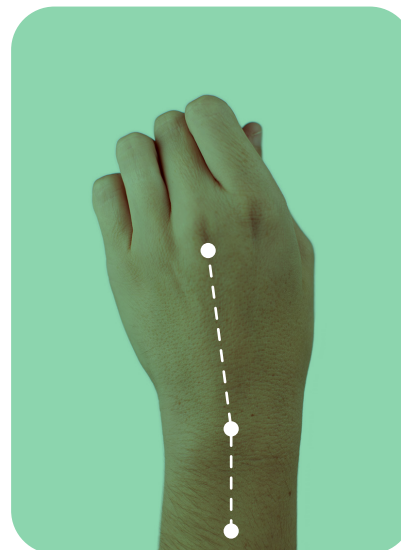
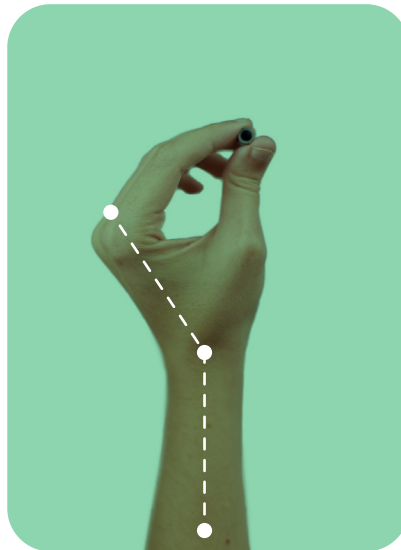
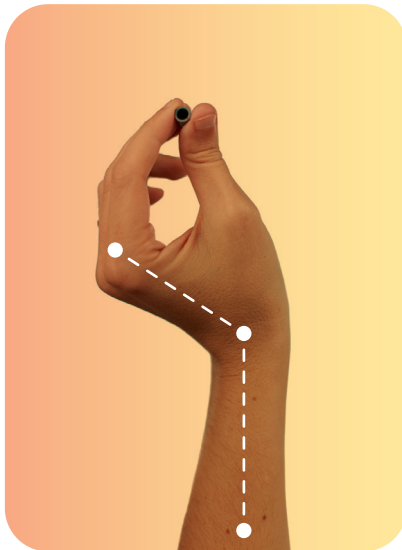


STRONG AND NATURAL POSITIONS

Hands and Wrists



Pinch Grip

- The object is held by the tips of the thumb and fingers. The object does not touch the palm of the hand.
- Good for precision tasks but a weak grip that fatigues quick with high forces Only ¼ strength of a power grip.

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**