STRONG AND NATURAL POSITIONS

Hands and Wrists with a Pistol Grip Tool







Power Grip

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







Good Power Grip

Strong grip when high force needed.

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.





