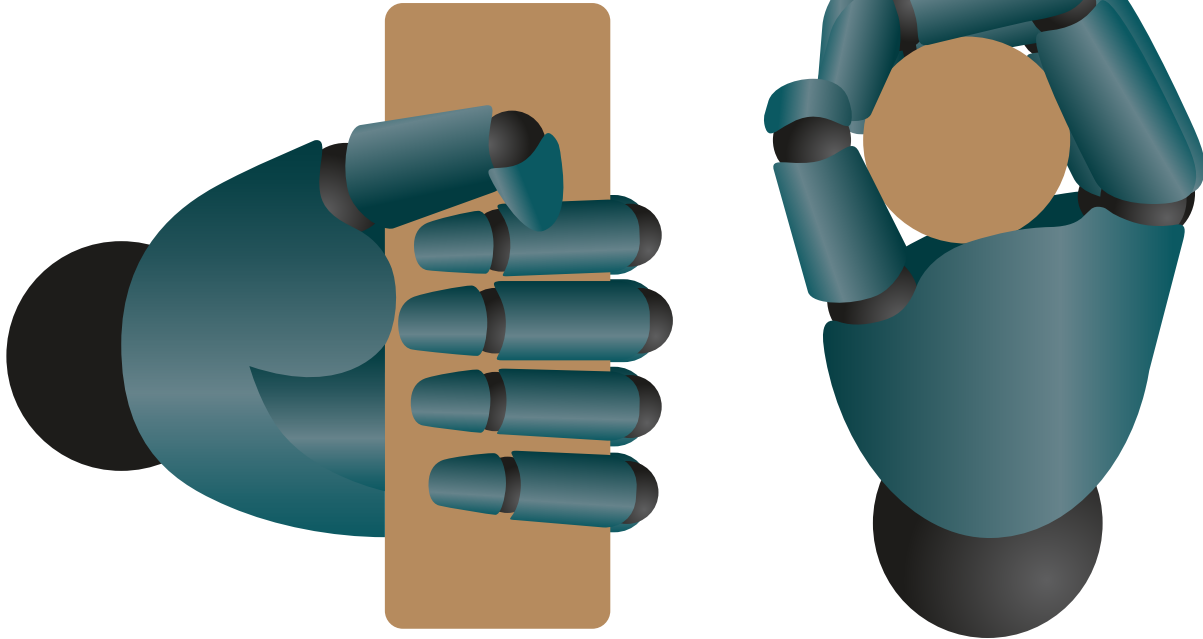


5



## Get a (good) grip

- Use a power grip with the full hand for high force work. Use a pinch grip with the fingers for low force, precision work.
- Choose a tool with a handle shape that puts your wrist in a strong, natural position for the task.
- Choose a tool that comfortably fits your hand.
- Power tools with low vibration and no kickback are best.



# Get a (good) grip

## Ideas for healthy hands

*Use these ideas to improve tasks at work and at home.*

- Control repeated pinching tasks that can cause muscle fatigue and wrist injuries, especially if the pinch grip must be forceful.
- Arrange your work so your wrists are in a strong, natural position when performing gripping tasks or using tools..
- Choose a tool handle shape that matches the task. The handle shape should keep the wrist in a strong, natural position, so you don't have to bend your wrist.
- Replace or modify tools that don't fit your hand, have a smooth/slippery handle, or dig into your hand.
- If the task requires one hand to hold an object so the other hand can work on it, use a tool or clamp to secure the object in place to free your hand.
- Repair or replace tools that have strong vibration or kickback.
- Regular maintenance should be performed on hand tools and equipment to keep them in good working condition.

- Changing activities and building rest periods into the job allow the body to recover: See poster 6.

## Did you know?

- Power grips using the whole hand are five times stronger than pinch grips which use only the fingers.
- Pinch grips work well for precision work. Regular forceful pinch grips fatigue muscles quickly and increase the risk of hand and arm discomfort and injury.
- Working with your wrists in a strong, natural position reduces loading and fatigue in both the hands and wrists.
- A grip size that is too big or small for your hands requires more force to perform the task and increases the risk of fatigue.

## Improve your workplace

- Keep asking yourself and others, "Why are the workspace and tools not right for the job?" until you understand the problem.

**What are we going to do today to keep our hands healthy while gripping?**

1

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2

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3

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*Whatever changes you make, check that you are not creating any new problems.*