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: msdprevention.com

© 2019 CRE-MSD. CRE-MSD receives funding through a grant provided by the Ontario Ministry of Labour. The views expressed are those of the authors and do not necessarily reflect those of the Province.