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.

For more info visit: msdprevention.com