

# 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.



For more info visit:  
[msdprevention.com](http://msdprevention.com)

© 2018 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.



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hurt**