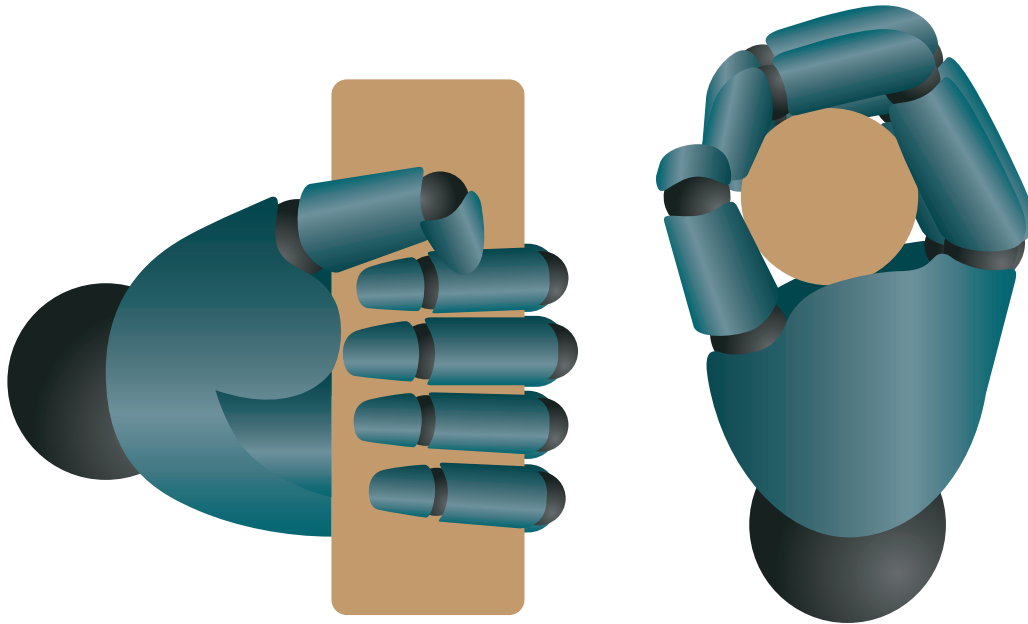


5



## Get a (good) grip

- High force work: power grip (full hand). Low force, precision work: pinch grip.
- Choose a tool and grip that puts your wrist in a strong, natural position.
- Choosing tools: good shape for the task, fits your hand, edges don't dig in.
- Power tools with low vibration and no kickback are best.



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

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Centre of Research  
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Prevention of  
Musculoskeletal Disorders

**Work  
shouldn't  
hurt**

# Get a (good) grip

## Ideas for healthy hands

*Use these ideas to improve every task at work and at home.*

- Control repeated pinching tasks that can cause muscle fatigue and wrist disorders, 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 that matches the task. Bend the handle, not the wrist.
- Replace or modify tools that don't fit your hand, are slippery, vibrate, or dig into your hand.
- If the task requires one hand to hold an object for the other to work on it, use a tool or clamp to secure it, freeing your other hand.
- Repair or replace tools that have strong vibration or kickback.
- Changing activities and rests built into the job allow the body to recover: See MSD Tip #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, but fatigue very quickly during forceful tasks. Regular forceful pinch grips are the strongest predictor of hand and arm disorders.
- 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 increases the effort required to the task and increases fatigue.

## Improve your workplace

- Ask yourself and others, "Why are the workspace and tools not right for the job?" until you get to the bottom of the problem.

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

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