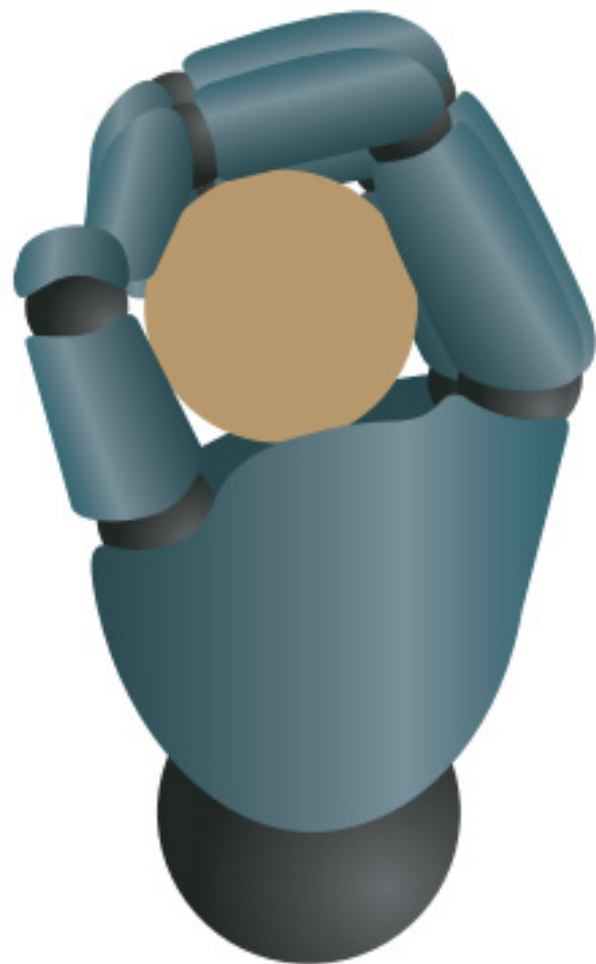
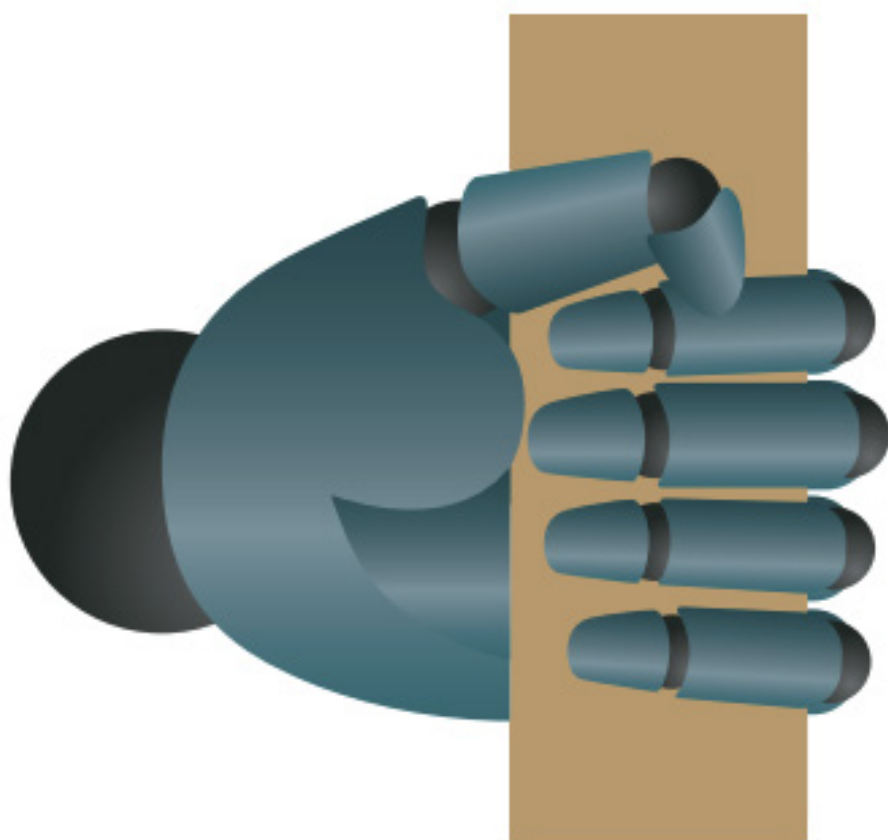


05 Get a (good) grip



- High force work: power grip with full hand

Low force, precision work:
pinch grip with fingers

- Choose tools with a good shape for the task, which fit your hand with edges that don't dig in.

- Choose a tool and grip that puts your wrist in a strong, natural position.

- Power tools with low vibration and no kickback are best.



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 natural wrist 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 building rest periods into the job allow the body to recover.

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 natural wrist 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 and increases fatigue.

Improve your workplace

- Ask yourself and others, "Why are the workspace and tools not right for the job?" until you figure out the cause of the problem.

To learn how your organization can pledge to prevent MSDs, visit:

[nsc.org/msd](https://www.nsc.org/msd)

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