

Manual Materials Handling – Gripping

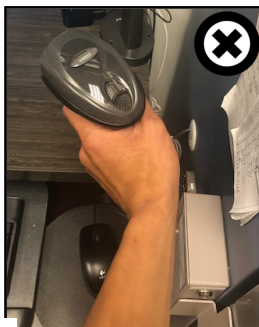
- Use a **POWER** grip whenever possible. Don't grip any harder than you need to.
 - Uses the entire hand to hold an object (i.e. all fingers and palm)
 - Produces more force and muscles won't fatigue as quickly.
- Use a **PINCH** grip when precise movements are needed and the force required is low.
 - Uses the fingertips to hold an object [i.e. between thumb and finger(s)].
 - Produces less force and muscles will fatigue more quickly.
 - Provides more control and precision.
- Keep your wrist straight to produce greater force and decrease muscle fatigue.
- Ensure objects/tools fit the palm of the hand comfortably to improve grip strength.
- Use two hands to hold objects whenever possible, especially for items that are heavy, slippery, oddly shaped/sized (e.g. large and tightly packed files).
- Wear proper sized gloves. Loose fitting gloves can increase the amount of force required to hold or handle objects/tools.

DON'T...



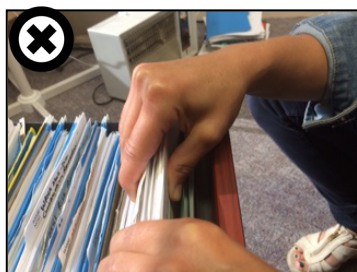
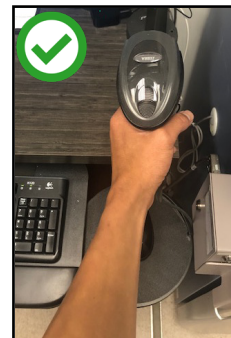
Don't:

- bend wrist



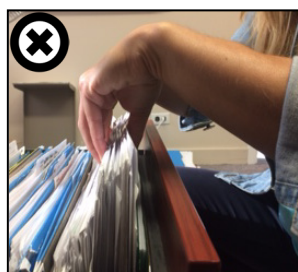
DO...

VERSUS

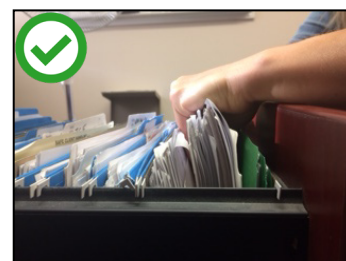


Don't:

- grasp with only the fingertips (**pinch grip**)
- bend wrist

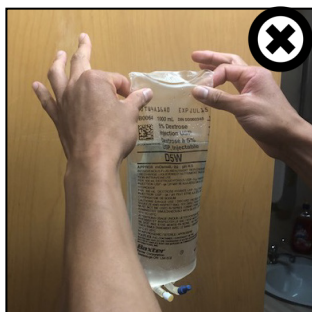


VERSUS



- grasp files with the whole hand (**power grip**)
- keep wrist straight

DON'T...

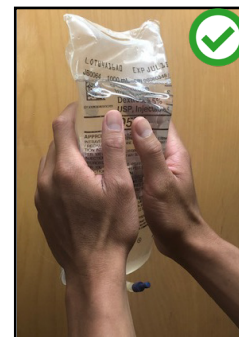
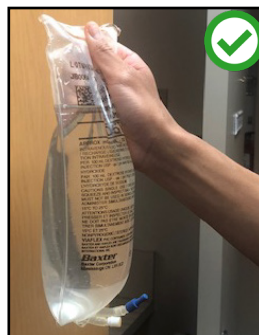


Don't:

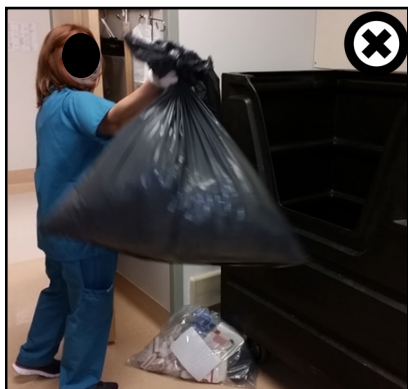
- grasp saline bag with fingertips (**pinch grip**)

VERSUS

DO...



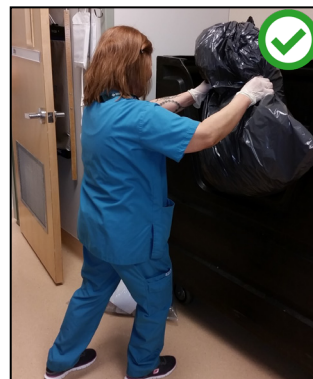
- use the whole hand to grasp saline bag (**power grip**)
- if able, use two hands



Don't:

- grasp and lift with one hand

VERSUS



- grasp and lift with two hands