

# Contact Stress

Affected Sectors: Manufacturing,  
Construction, Office Work

## Hazards

## Contributing Factors

### Force

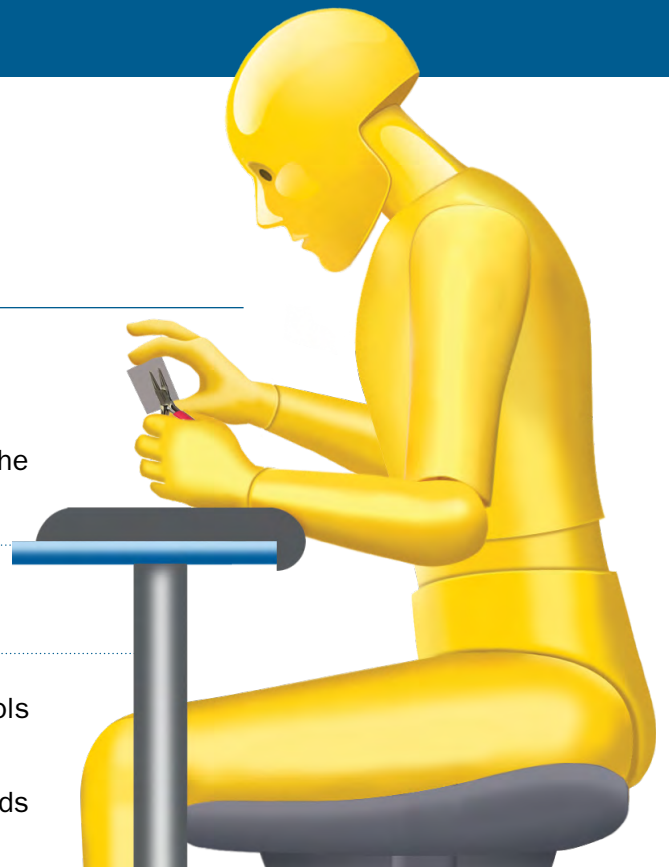
- Gripping tools with poor handles
- Heavy tools
- Gripping handles that do not fit the hand properly

### Repetition

- Repetitive work with hand tools

### Duration

- Using high grip strength hand tools for extended periods
- Keyboard use for extended periods



**TIP:** While completing fine hand work, use a cushion or adjust your chair so your wrists/arms are not pressing on the edge of the work surface.

## Possible Controls

### Quick Wins

- Use padding (gloves, kneepads, etc.) to reduce stress.
- Wrap handles with tape or other material to reduce the amount of grip force.

### Long-Term Planning

- Redesign workstations to eliminate contact stress.
- Purchase ergonomically appropriate tools that require less grip strength (power tools, tools with better handles, tools that fit different size hands).