

# Pinch Grips

## Affected Sectors: All

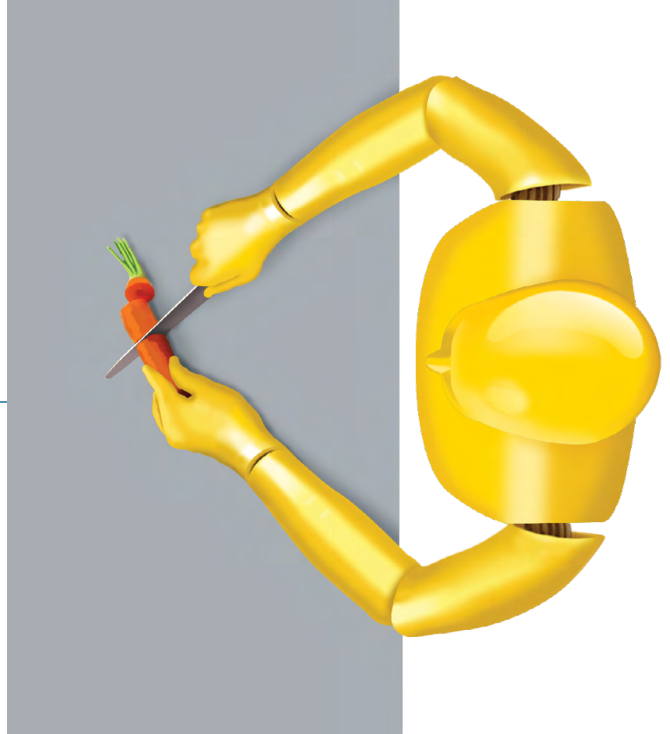
Pinch grips are grips where the force is primarily between the fingers and the thumb. Gripping objects with force for more than two hours a day is high risk and increases the likelihood of a musculoskeletal injury (MSI).

### Hazards

#### Pinch Grip

### Contributing Factors

- Weight of load
- Position of load
- Wrists bent during task
- Force required for task
- Duration of task
- Pace of work



**TIP:** Pinch grips should only be used for tasks that require accuracy. If you see a task that requires high amounts of force or weight, it should be a high priority to remove the need for a pinch grip and remove the hazard.

## Possible Controls

### Quick Wins

- Add handles to heavy loads to eliminate pinch grips.
- Hold on to materials at the bottom corner and adjacent top corner for a better grip.
- Use proper gloves to help with gripping and minimize force applied by fingers.

### Long-Term Planning

- Rearrange workstations to reduce the distance and/or length of time materials need to be lifted.