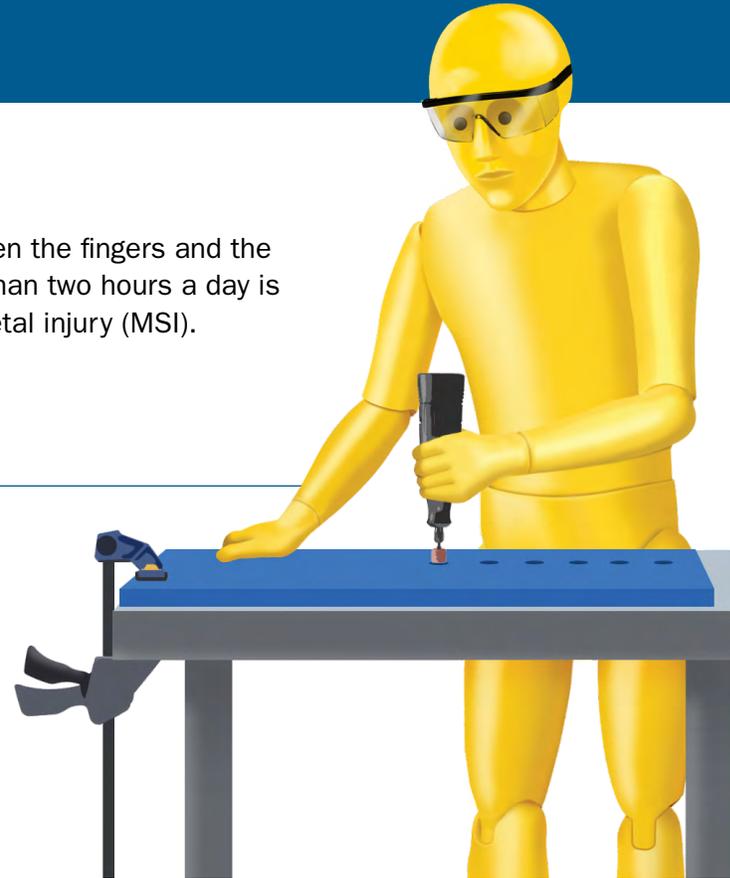


# Power Grips

## Affected Sectors: All

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



### Hazards

#### Power Grip

### Contributing Factors

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

**TIP:** Power grips are commonly used with hand tools. Force limits apply not just to lifting materials, but all force exerted while gripping. If workers need to use excessive force to grip their tools, that is a hazard that needs to be addressed.

### Possible Controls

#### Quick Wins

- Use lighter tools that have ergonomically designed handles.
- Replace hand tools with power tools that require less force to use.
- Maintain tools to reduce the force needed to use them properly (blunt saws, worn down grips, etc.).

#### Long-Term Planning

- Make sure there are a variety of tools to ensure the best grip for different size hands.