



Hand tools

Using a forceful grip, having your hand or wrist in an awkward position, or vibration can cause hand injuries. You may feel this as achy and tired hands and wrists that become more frequent and lasts longer over time.

Working with your wrist bent for long periods of time increases stress on the wrist, fatigue, and risk of injury.

Use a tool with an angled handle.

Handles that are designed to allow you to work with your wrist straight will reduce the stress on your wrist and reduces the grip strength needed.

Use a handle designed for use with a power grip, this will allow you to use the least amount of force.

- A handle that requires a precision or pinch grip takes much more force.
- A non-slip grip can help you use less hand force.
- Use handle size that is close to your grip size.
- The handle should extend beyond the end of your palm (be longer than your palm size).
- Apply a tool sleeve or padding to increase the size of the handle grip and reduce discomfort.
- Cushioned grips can also reduce the risk of shock and vibration-related injuries or use a device that moves your hand away from the risk.

Try to use tools that are made for the task.

- Use tools that feel comfortable and balanced.

