**Nonprofit Safety Hero**

# Animated Ergonomics Highlight Reel: 7 Ways to Save Your Hands

Pinching and gripping are two terms that refer to the way you use your hands to pick up objects. Your hands and wrists are delicate equipment. When you use that equipment to do a heavy task, like pinching a heavy ream of paper on a high shelf, you run the risk of injury.

Also, if you do something over and over, like picking up an 8-pound gallon of milk, you might not notice the strain on your hands. But if you do it for too long, you will not be able to comfortably pick up a pen or play games on your phone this evening. You need to figure out ways to limit or avoid picking up those heavy containers.

You also need to watch your wrists when you pick up items, no matter how heavy they are. Twisting or bending your wrists while lifting items can be hazardous to your wrists and hands.

So how do you avoid injuries from pinching and gripping? Here are 7 ideas to consider:

1. Use boxes and totes with handles.
2. Find ways to lift from underneath. This may include asking for help
3. Use hand trucks, carts, or other tools to carry loads
4. Use power tools instead of hand tools
5. Use lighter tools
6. Grip with the whole hand, not just the fingers. Grip with both hands, keeping wrists straight.
7. Use larger diameter handle tools when a high grip force is needed and smaller diameter handle tools when more control is needed.

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