

Hand Tool Ergonomics

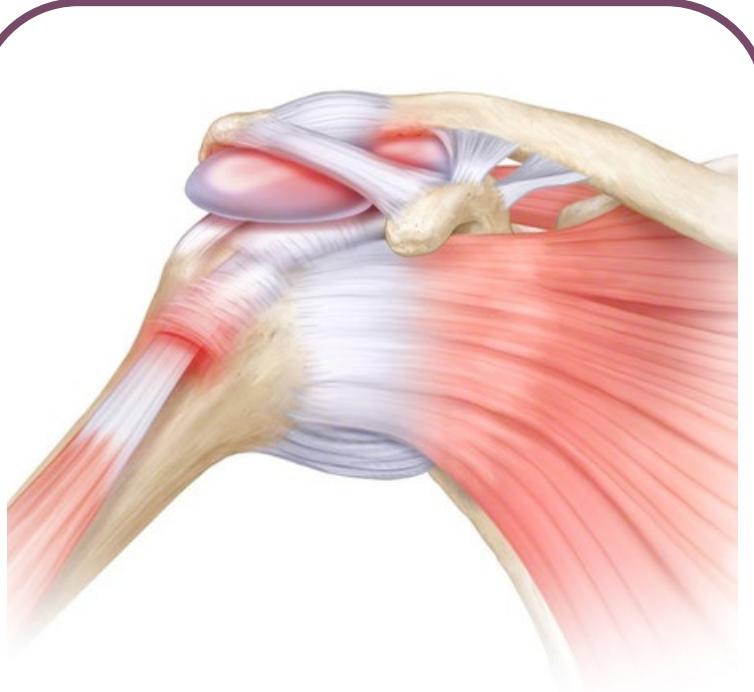


The use of hand tools can cause acute injuries such as cuts and bruises, and using them frequently for long periods of time can also cause various chronic musculoskeletal injuries:



Tendonitis

Inflammation or irritation of a tendon.



Bursitis

Inflammation or irritation of a bursa sac.



Epicondylitis

Elbow tendon inflammation (tennis elbow).



Carpal Tunnel Syndrome

Pressure on the median nerve.



de Quervain's Syndrome

Inflammation of a tendon attached to the thumb.

Some tips to reduce the risk of

1. Use ratchet tools to minimize the torque on your wrist for **injury:** jobs needing higher amounts of force
2. If a tool is heavier than 5 pounds (or 2.5 kg), suspend it or get assistance.
3. Avoid using tools with built in finger grooves, as they may force your hands to an uncomfortable position
4. Choose tools with handles covered in soft material, like foam or flexible plastic. If the tool has a hard handle, add a sleeve.
5. If you need to pinch or grip an object forcefully for an extended amount of time switch from standard pliers to a clamp or grip.
6. Only use tools that allow you to work with your wrist in a straight position.



“Safety is a core value and business priority”



West Fraser