



## Handy Tips for Hand Work

Although the human hand is a highly evolved grasping tool, it cannot always withstand the stresses of rapid, difficult and or repetitive occupational tasks. Cumulative trauma problems are especially likely to occur if you handle more than 1,000 parts per shift. Here are a few ways to reduce the effect of task repetitiveness and forcefulness:

- Pick up fewer objects at a time or lift the object with two hands instead of one.
- Talk to your boss about rotating between jobs that will place different demands on different muscles and the nervous system.
- Alternate use of limbs.
- Pace yourself - take short breaks as needed.
- Use mechanical aids to perform tasks. For example, a pneumatically operated lug wrench at a tire installation operation on an auto assembly line can reduce repetitive forceful wrist motion.
- Use jigs and fixtures to reduce the amount of holding required if working on an assembly line.
- Angle the object so it is easier to work on.
- Avoid impact or impulse forces on parts of the body. For example, use the right tool for the job instead of hammering small parts together with your palms.

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