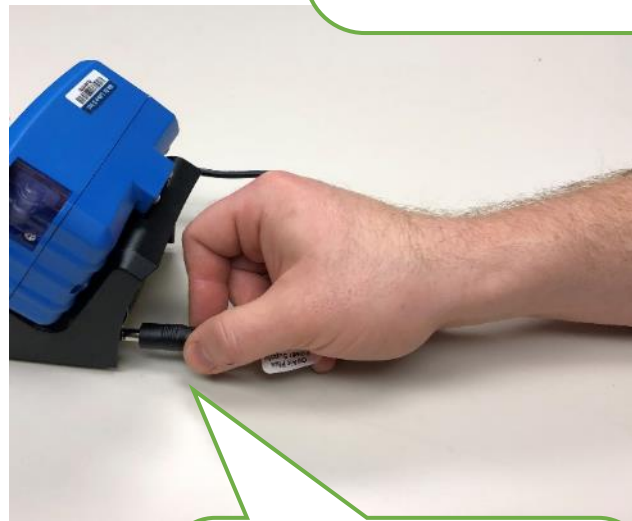
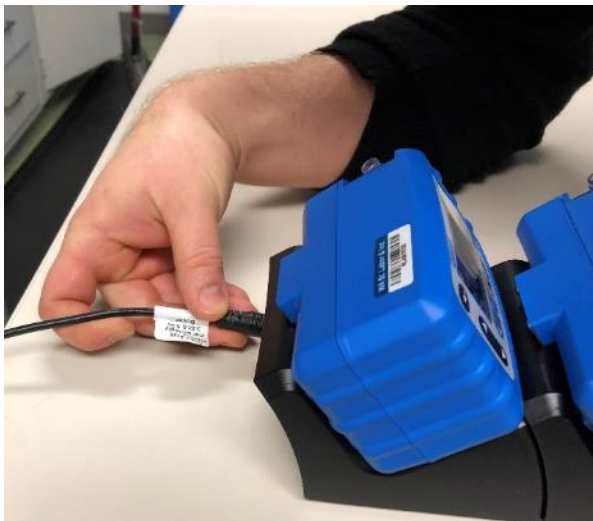


## Keep wrists straight



Choose tools that allow you to keep your wrists straight.



Tilt or rotate your work to straighten your wrists.



## **Safety meeting talking points**

- Working with your wrists straight provides more grip strength and you'll feel less strain and fatigue.
- Working with bent wrists can lead to injuries, especially if you have to use a strong grip.
- Choose the right tool for the job: Depending on the job, a straight, angled, or pistol-grip tool might be the best choice.
- Position what you are working on so your wrists can stay straight.
- If you can't re-position your work, position your body so your wrists are straight when using tools.

## **Discussion question**

- What are some ways that we can change the way we work to keep our wrists straight in our workplace?