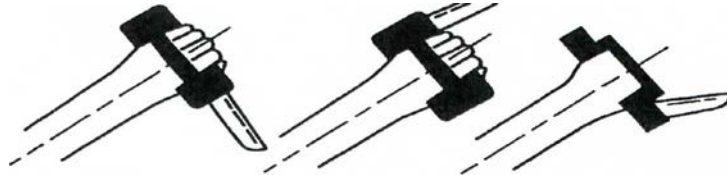


SAFE WORK PRACTICES

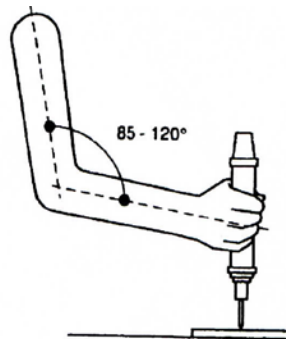
HAND TOOLS - ERGONOMICS *Page 1 of 2*

**This information does not take precedence over OH&S. All employees should be familiar with the Saskatchewan Employment Act and the OH&S Regulations.*

BEND THE TOOL, NOT YOUR WRIST: Hand tools should be designed so that the user can grasp, hold, and manipulate the tool without bending the wrists to do the job.



MINIMIZE the weight of hand tools. Tools used on a repetitive basis and weighing over one pound should be counterbalanced. The tool's centre of gravity should be as close to the centre of the grip as possible.



OPERATE hand tools within a range allowing the shoulder to be relaxed and the elbow to be close to the body with approximately 85 – 120° of movement allowed between the upper and lower arm.

HANDLES

CHOOSE handles with a broad cushioned gripping surface which is hard enough to prevent metal chips or other debris from becoming embedded in it.

CHOOSE handles that will not absorb oils and other liquids which could irritate skin.

CHOOSE single-handed tools with flanges. These can help to prevent the hand from slipping off the tool.

SAFE WORK PRACTICES HAND TOOLS - ERGONOMICS *Page 2 of 2*

CHOOSE handles that let the hand wrap around the tool to avoid slippage:

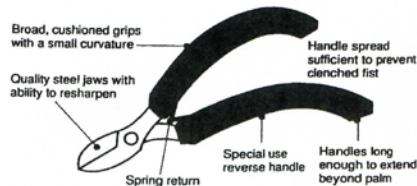
- precision grip: recommended diameter – 4 cm (1.5 in)
- power grip: recommended diameter – 12 mm (0.45 in)

DO NOT USE tools with handles that press into the palm of the hand. Handles should be long enough to extend beyond the palm.

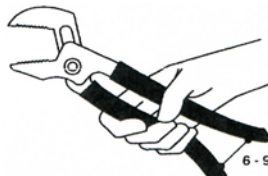


CHOOSE two-handed tools with the following features:

- a means of opening the tool after use, such as a spring return. The spring force should be low enough so that it does not cause undue strain on the operator to keep the tool closed.



- A grip span of 6-9 cm (2 ½ - 3 ½ in)



- Sufficient space between the handles to prevent palm or fingers from being pinched.

