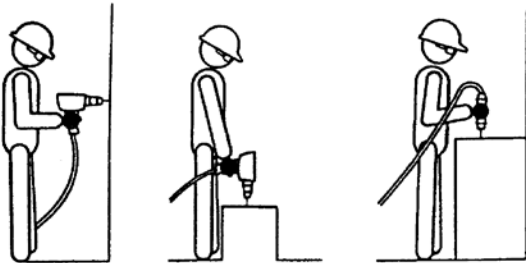


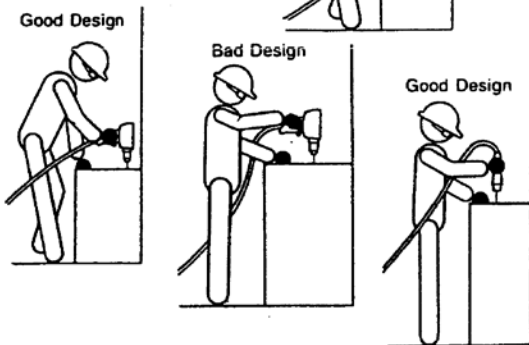
SAFE WORK PRACTICES POWERED HAND TOOLS - ERGONOMICS

**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.
- **CHOOSE** tools which can be used without bending the wrist. Hand tools should be designed so that the operator can grasp, hold, and use the tool with minimal bending of the wrist.

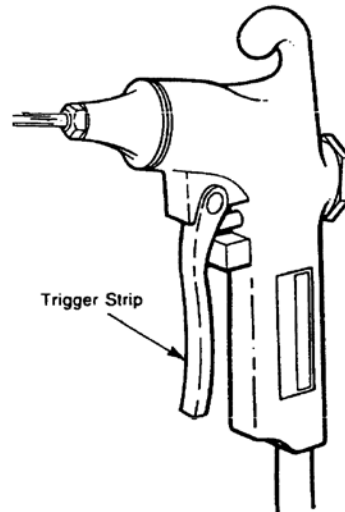
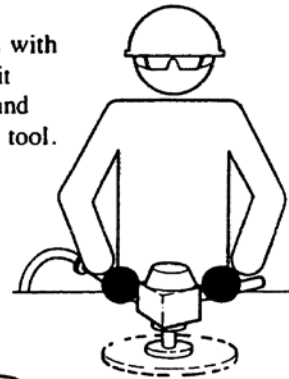


- **SELECT** the tool with the workplace layout and job design in mind. Sometimes a tool is correct for one operation and incorrect for another.



- **KEEP** the weight of hand tools to a minimum. Tools used on a repetitive basis and weighing over .5 kg (1 pound) should be counter balanced. The centre of gravity of the tool should be as close to the centre of the grip as possible.

- **REDUCE** power to the lowest possible setting to complete the job. This reduces tool vibration at the source.
- **CHOOSE** tools that have increased handle mass relative to tool body, to reduce vibration.
- **CHOOSE** tool handles that are covered with cork, rubber, plastic or plastic bonded to steel to reduce vibration.
- **CHOOSE** hand tools with two handles to permit better manipulation and easier holding of the tool.



- **CHOOSE** tools with a trigger strip, rather than trigger button. This will allow more force to be exerted over a greater area of the hand, reducing muscle fatigue.

- **ENSURE** that the trigger works easily. This reduces the effort needed to operate it.