

Grip, don't pinch



Holding something with just the tips of your fingers uses small muscles that are easily strained.



A power grip where you use the whole hand is up to 5 times stronger.



Safety meeting talking points

- You can apply the same amount of force with a lot less effort if you can use a power grip instead of a pinch grip.
- When you hold something between the tips of your fingers and thumb in a “pinch” grip, you’re mostly using the small muscles in your hand.
- When you need more force, it’s better to grip with your whole hand. This lets you use the larger muscles in your forearms, which is why this is called a “power” grip. It can be 5 times stronger than a pinch grip.
- There are times when a pinch grip is the best grip for the job, like when you need to be precise but don’t need to use a lot of force. Even with light force, using a pinch grip for a long time can be tiring.

Discussion question

- How can we change pinch grips to power grips?