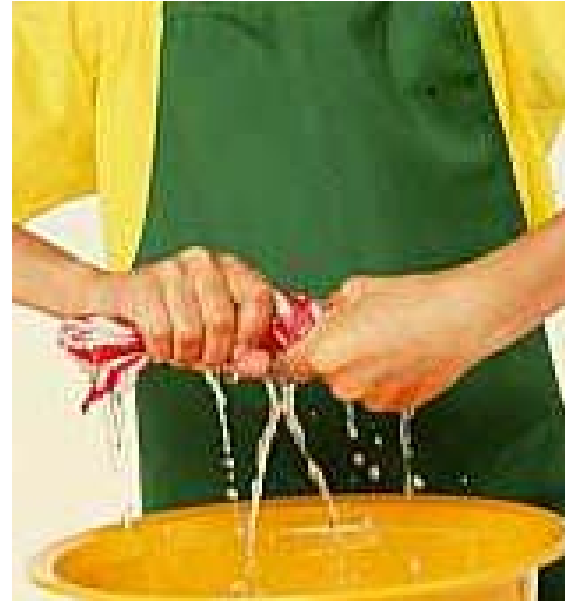

Wash Rag Motions

Put your hands in the air, and pretend to wring dry a wet wash rag. These Wash Rag motions are the wrist and hand risk factors for both Tendonitis and Carpal Tunnel Syndrome.



Common Causes

Using a screw or nut driver



Bending wrist to use hand tools



Work piece not oriented to the person



Using computer keyboard or input device



Shape of tool does not align with orientation of work piece



Common Solutions

Use powered driver with a properly designed handle

Use tools (pliers, driver, knife, etc.) with angled handle

Use a tilted worktable or adjustable jig or fixture

Adjust keyboard height and angle so that the wrist is straight

Use pistol grip tools for vertical work, inline tools for horizontal work

