Many processes in the workplace require employees to move objects or operate tools with their hands. A pinch grip involves grasping the object or tool between the thumb and fingers and allows for precision work. Repetitive or forceful use of a pinch gripping technique can lead to musculoskeletal disorders including carpal tunnel syndrome, tendinitis, and lateral epicondylitis. Using a power grip where the entire hand grips an item instead of a pinch grip can greatly reduce the risk of developing a MSD of the hand or arm. This brief guide describes a few tool modifications which allow a transition from a pinch grip to a power grip along with references for where to find additional information. Many different manufacturers provide similar products.

1. **Aerosol Spray Handle**
   This handle allows the employee to use their entire hand to apply pressure to trigger a spray aerosol can. This design significantly reduces the forces on the fingers versus a traditional spray can that only allows one finger to apply trigger pressure.
   

2. **Easy Grip Scissors**
   Repetitive scissor work can lead to the development of carpal tunnel syndrome and other ergonomic injuries to the wrist and hands. These scissors reduce the amount of force required to close the scissors by allowing the employee to use their entire hand. They also open automatically eliminating the forces required to open the scissors.

   [https://www.wrightstuff.biz/easi-grip-scissors.html](https://www.wrightstuff.biz/easi-grip-scissors.html)

3. **Bucket Canvas**
   This bucket accessory allows the employee to carry the bucket by grasping their entire hand around the handle instead of pinching the sides of the bucket with their fingers. This reduces the risks associated with a high force pinch grip.