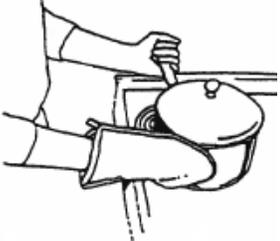




Joint Protection Principles

 <p><u>Avoid</u> Picking up heavy objects with one hand</p>	 <p><u>Solution</u> Use both hands and slide item whenever possible</p>	 <p><u>Avoid</u> Placing hand into position where wrist is angled toward the little finger</p>	 <p><u>Solution</u> Reposition work materials, or move yourself to approach from different angle</p>
 <p><u>Avoid</u> Wringing towels by twisting</p>	 <p><u>Solution</u> Loop towel around sink faucet as if braiding and pull gently, or let drip dry</p>	 <p><u>Avoid</u> Repetitive use of one hand with palm turning upward</p>	 <p><u>Solution</u> Use both hands to pick up. Take frequent breaks throughout the day.</p>
 <p><u>Avoid</u> Prolonged holding wrist in downward motion</p>	 <p><u>Solution</u> Change work height so wrist can be held straight. Vary tasks throughout the day.</p>	 <p><u>Avoid</u> Leaning on knuckles</p>	 <p><u>Solution</u> Open fingers and use pad of hand when needed.</p>



Avoid

Prolonged holding of wrist in upward position



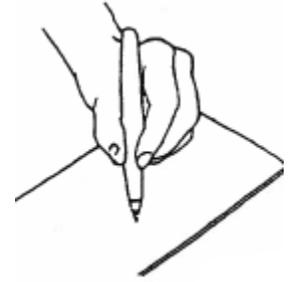
Solution

Change the work height so wrist can be held straight. If keyboard is too low/high, adjust desk/chair to correct.



Avoid

Tight pinch such as when holding a pen



Solution

Use a thick pen with felt tip for reducing pressure on fingers



Avoid

Grasping thin utensils for prolonged periods



Solution

Hold thick-handled tools in dagger fashion whenever possible for performing tasks such as stirring.



Avoid

Positions that cause fingers to lean sideways toward little finger



Solution

Use device like jar openers to assist with activities



Avoid

Placing pressure on fingertips



Solution

Transfer work to other body parts that are not affected or have greater strength. Using body weight to push doors.



Avoid

Carrying items with weight on fingers



Solution

Use should bag or back pack