

GRIPS

Cashiering Freight Stocking

Power Grip

A power grip puts the least amount of stress on your muscles compared to other types of grips. This allows you to use the muscles in your hand and forearm in a less fatiguing way.



To pick up an object with a power grip, wrap all of your fingers and thumb around it. Always try to use a power grip before trying other grips and remember to use both hands to lift heavy objects.

Pinch Grip

A pinch grip is when you pinch an object between your thumb and fingers. It should only be used to pick up lightweight objects such as a candy bar.



Wrist Position

You can make a grip stronger with your wrist in a straight (neutral) position compared to bent. Neutral wrist positions like this are also less fatiguing.



Remember:

- Don't pinch when you can use a power grip
- Use two hands to lift heavy objects
- Keep your wrist straight as much as possible when gripping objects