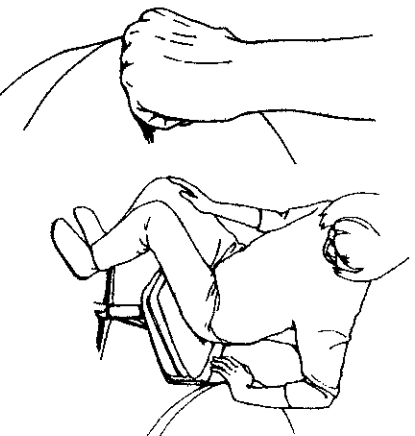


HAND CARE - 13 Joint Protection (Weight Bearing)

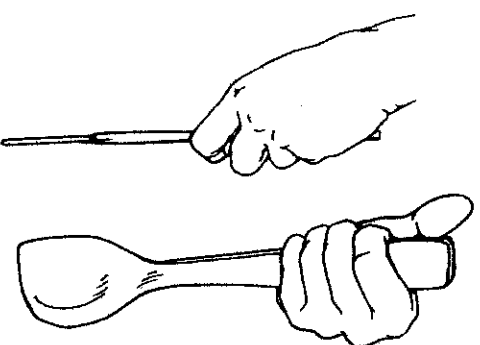
Avoid leaning on knuckles.



Solution: Open fingers and use pad of hand when needed. Put extra cushions or folded blanket on seats to avoid using hands for pushing up to stand.

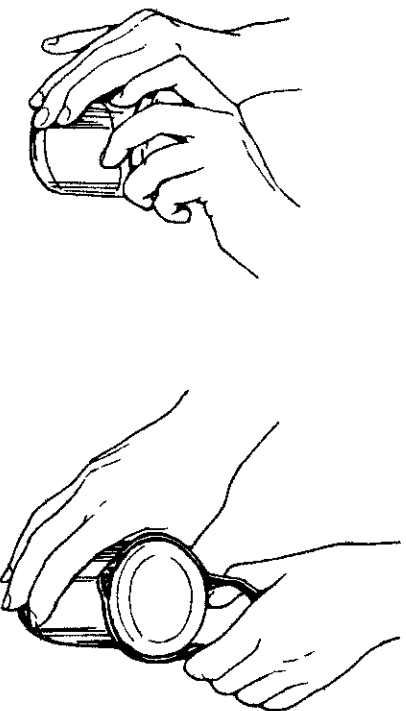
HAND CARE - 14 Joint Protection (Grip)

Avoid: grasping thin utensils for prolonged periods.



Solution: Hold thick-handled tools in dagger fashion whenever possible for performing tasks such as stirring or scrubbing. Relax fingers every 10 minutes during activity.

HAND CARE - 15 Joint Protection (Ulnar Deviation)



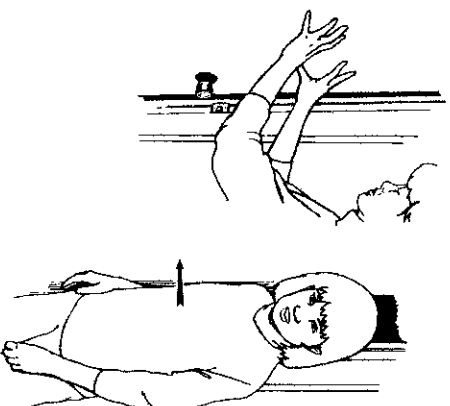
Avoid positions that cause fingers to lean sideways toward little finger.

Solution: Use devices like jar-openers to assist in activities.

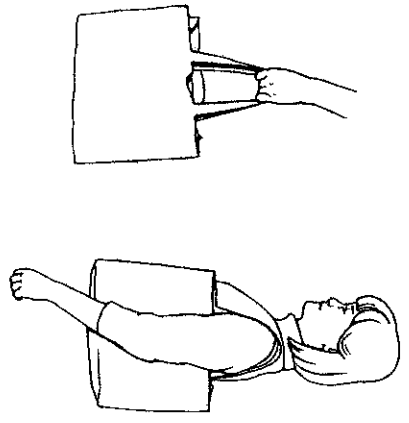
HAND CARE - 16 Joint Protection (Use Large Joints)

Avoid placing pressure on fingertips.

Solution: Transfer work to other parts of body which are not affected or which have greater strength. Using body weight to push heavy doors open is an example.



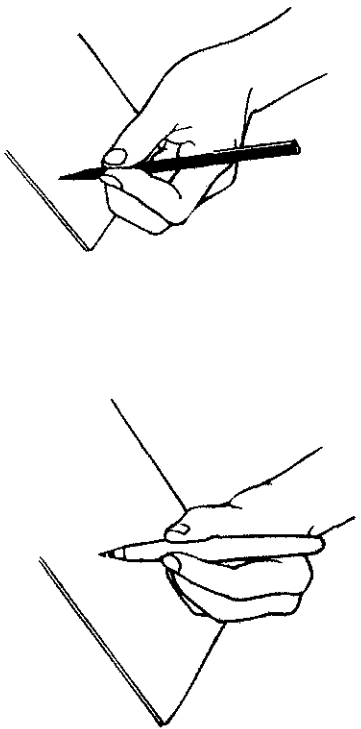
HAND CARE - 18 Joint Protection (Carrying)



Avoid carrying items with weight on fingers.

Solution: Use a shoulder bag or a back pack.

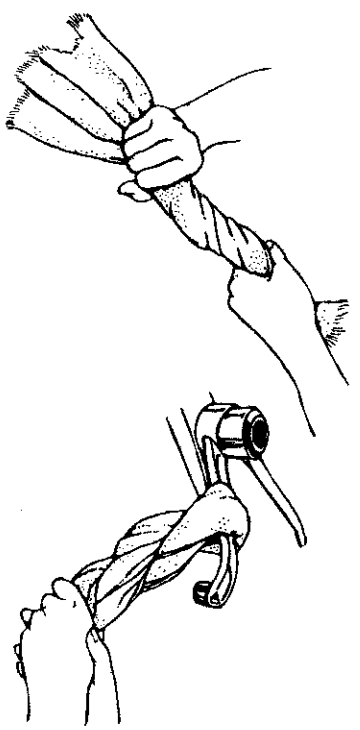
HAND CARE - 17 Joint Protection (Pinch)



Avoid tight pinch, such as when holding a pen.

Solution: Use a thick pen with a felt tip to reduce pressure on fingers.

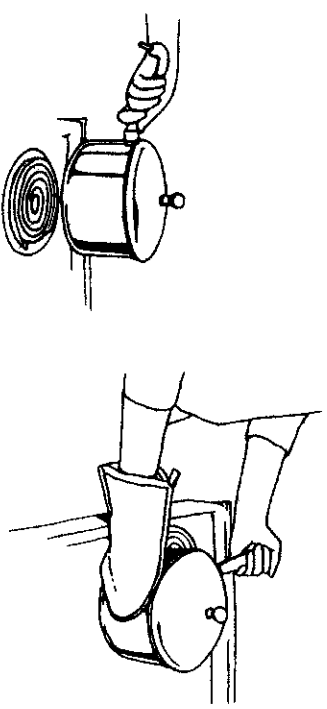
HAND CARE - 19 Joint Protection (Wringing)



Avoid wringing towels by twisting.

Solution: Loop towel around sink faucet as if braiding and pull gently, or let drip-dry.

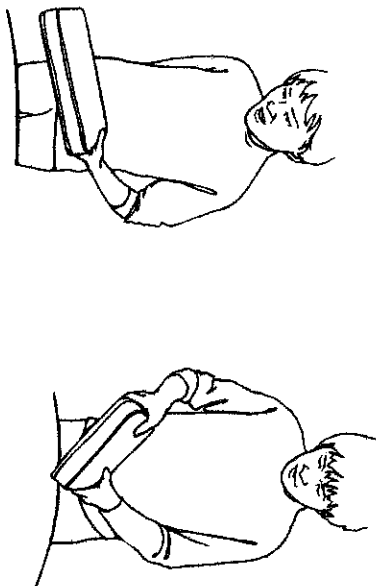
HAND CARE - 20 Joint Protection (Lifting)



Avoid picking up heavy items with one hand.

Solution: Use both hands, and slide item whenever possible.

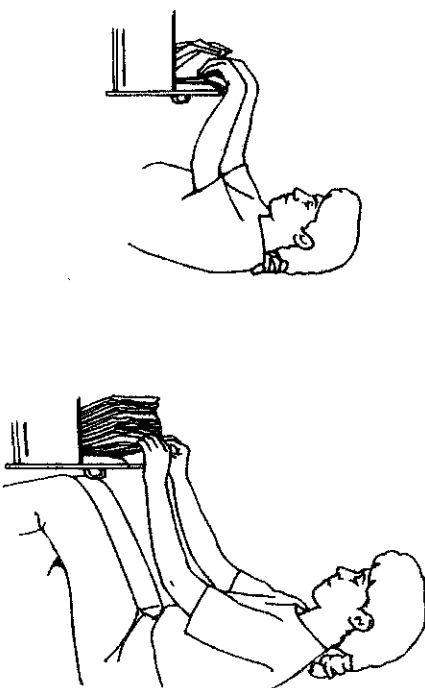
HAND CARE - 21 Work Injury Prevention (Supination)



Avoid repetitive use of one hand which involves turning palm upward.

Solution: Position palm inward, or use both hands to pick up. Take frequent breaks during the day.

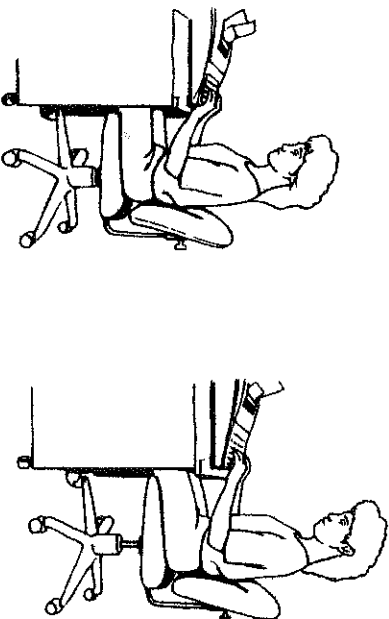
HAND CARE - 22 Work Injury Prevention (Wrist Flexion)



Avoid prolonged holding of wrist in downward position.

Solution: Adjust work height so wrist can be held straight. Vary tasks throughout the day.

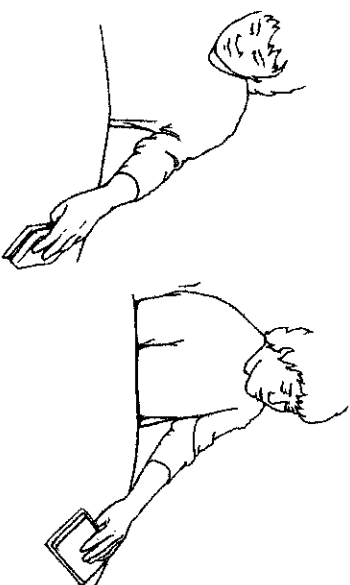
HAND CARE - 23 Work Injury Prevention (Wrist Extension)



Avoid prolonged holding of wrist in upward position.

Solution: Adjust work height so wrist can be held straight. If keyboard is too low/high, adjust desk or chair to correct.

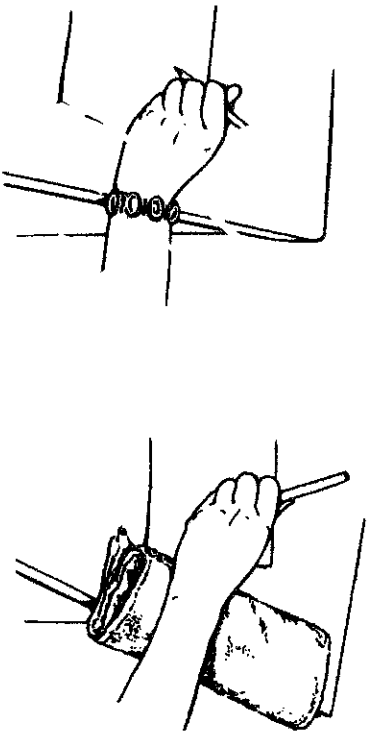
HAND CARE - 24 Work Injury Prevention (Ulnar Deviation)



Avoid placing hand into position where wrist is angled toward little finger side.

Solution: Reposition work materials, or move yourself to approach from different angle.

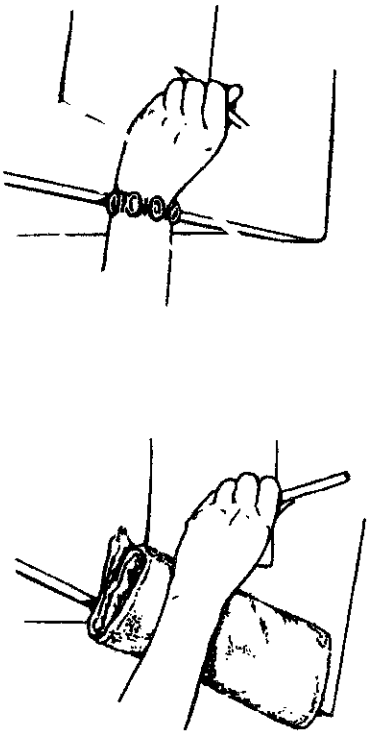
HAND CARE - 25 Work Injury Prevention (Pressure Areas)



Avoid pressure at the wrist and base of palm.

Solution: Pad table edge, if needed, with towel.
Remove bulky wrist jewelry when resting arm on table.

HAND CARE - 25 Work Injury Prevention (Pressure Areas)



Avoid pressure at the wrist and base of palm.

Solution: Pad table edge, if needed, with towel.
Remove bulky wrist jewelry when resting arm on table.