

**HOW TO: HAND TOOLS**

**Choosing and Using Ergonomic Hand Tools**



“No matter how impressive a tool’s design is, it’s almost impossible for it to be universally ergonomic since human physiques and project applications vary

greatly from one to the next,” notes Paul Holstein, COO of CableOrganizer.com. These guidelines will help you choose the right ergonomic hand tool for your body type and the job at hand.

- Because finger size and placement differ from person to person, avoid using tools whose handles have built-in finger grooves. When fingers don’t naturally align with grooves, excessive pressure from the raised groove edges can cause discomfort and injury.
- Choose tools with handles that are covered in a soft material, like foam or flexible plastic. Cushioned handles are not only comfortable for long hours of use, but they also provide a much firmer grip. Hard-handled tools can be quickly and inexpensively converted by just adding a sleeve.
- When selecting double-handed gripping and cutting tools, opt for ones with spring-loaded handles that will automatically return to the open position.
- If you need to forcefully pinch or grip an object for an extended amount of time, prevent muscle strain by switching from standard pliers to a clamp or grip.
- Only use tools that allow you to work with your wrist in a straight position.
- For tasks that require force, such as torquing screws, hammering, and heavy chiseling, choose single handle tools with handle dia that ranges from 1-1/4–2 in. Larger handles allow fingers to wrap comfortably around the tool in a power grip, preventing slippage and stress. For tasks that call for more precision and delicacy, opt for single-handle tools whose grips fall within the 1/4–1/2 in. range...

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