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| **Grip and Hand Strength Checklist** |

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| **Company:** | Click or tap here to enter text. | **Workstation Name:** | Click or tap here to enter text. |
| **Prepared by:** | Click or tap here to enter text. | **Department:** | Click or tap here to enter text. |
| **Date:** | Click or tap to enter a date. | **Document Number:** | Click or tap here to enter text. |

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| **“NO” answer indicates need for additional investigation.** | |
| * Level of grip and hand strength required to perform the tasks has been identified and is within acceptable limits. | Select YES or NO. |

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| Grip and Hand Strength Illustrations  The following guidelines provide criteria for various grasps and hand motions. The values assume neutral postures and easy to grip surfaces. Note: Repetitive (Rep) is 2 or more times per minute, Infrequent (Inf) is less than 2 times per minute. | | | | |
| Criteria | Freq | Force (Max) | Description |  |
| A. Power Grip | Rep | 4 lbs. | Grasp with full hand, typically with thumb overlapping the first finger. |  |
| Inf | 20 lbs. |
| B. Pinch Grip | Rep | 2 lbs. | Grasp with finger tips only, typically with fingers and thumb not touching. |
| Inf | 9 lbs. |
| C. Key Grip | Rep | 2 lbs. | Grasp with thumb and side of the first finger. |
| Inf | 10 lbs. |
| D. Push forward with Index Finger | Rep | 3 lbs. | Push forward with pad of index finger. |  |
| Inf | 15 lbs. |
| E. Push down with Index Finger | Rep | 3 lbs. | Push down with pad of index finger. |
| Inf | 15 lbs. |
| F. Push Forward with Thumb | Rep | 4 lbs. | Push forward with pad of thumb |
| Inf | 21 lbs. |
| G. Push Down with Thumb | Rep | 2 lbs. | Push down with pad of thumb. |
| Inf | 10 lbs. |
| H. Pull with Pinch Grip 0.1” | Rep | 2 lbs. | Pull toward body with pinch grip using thumb and index finger. |  |
| Inf | 10 lbs. |
| I. Pull with Pinch Grip 1.6” | Rep | 2.5 lbs. | Pull toward body with pinch grip using thumb and index finger. |
| Inf | 13 lbs. |