



# Tool Ergonomics



Using the wrong tool—or using the right tool improperly—can contribute to work-related musculoskeletal disorders. These types of injuries impact the muscles, tendons, joints and nerves. They often develop gradually over time and they can affect various areas of the body. Recognizing early signs and taking preventive measures is key to maintaining long-term health and mobility.

To reduce strain and protect the body, ergonomic guidelines in tool design have significantly advanced in recent years. Tools built with ergonomics in mind are designed not only to meet the demands of the task but also to support the user's physical limitations. The goal is simple: for the tool to function as a natural extension of the hand—minimizing stress on muscles and joints while maximizing comfort and performance.

Items to consider when looking at tool design include:

- Tool shape (bent, curved, pistol grip, or cylindrical grip).
- Handles (bare or gloved operation, temperature, load capability).
- Vibration Effects (frequency, duration and direction of vibration).

Ergonomically designed tools offer more than comfort—they're a strategic investment in your productivity, safety and overall well-being. By reducing strain and supporting proper body mechanics, these tools help you work smarter, safer and more efficiently.

When purchasing, look for tools with:

- Cushioned handles.
- Finger triggers.
- Capability to adjust from person to person.
- Designed for the task.
- Lightweight option.
- Neutral wrist posture.

