

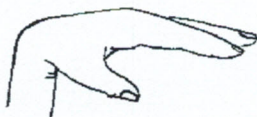
# MSD Injury Prevention WorkSafe Card

## HAND/WRIST



CIRCLE THE OBSERVED HAND POSITIONS:

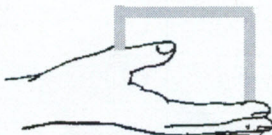
### HARMFUL



1. Wrist Flexion  
bending hand



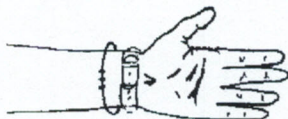
2. Ulnar Deviation  
bending wrist  
towards little finger



3. Supine  
palm up



4. Pressure  
base of palm



5. Contact stress and  
wrist constriction



6. Static pinch

### CORRECT

