



- Maintain neutral wrist and arm postures when working; work with their wrists in a neutral or straight position as if they were shaking hands with someone.
- Sit close to their work area, keep objects close and adjust their chair to match the height of the bench.
- Avoid repetitive or forceful twisting and turning motions (e.g., opening valves or adjusting microscopes).
- Select equipment and tools that are the right size for their hands.
- Use padding and tubing to reduce pressure and force when working. For example, use rubber tubing or forceps to increase diameter and reduce pinch force. Soften sharp edges on work surfaces with padding.
- Use thin, flexible gloves that fit properly. Ill-fitting and poorly designed gloves increase pinch and grip forces when working.

[Employers Should Train Workers to Avoid Static Positions](#)

**This is one in a series of informational fact sheets highlighting OSHA programs, policies or standards. It does not impose any new compliance requirements. For a comprehensive list of compliance requirements of OSHA standards or regulations, refer to Title 29 of the Code of Federal**