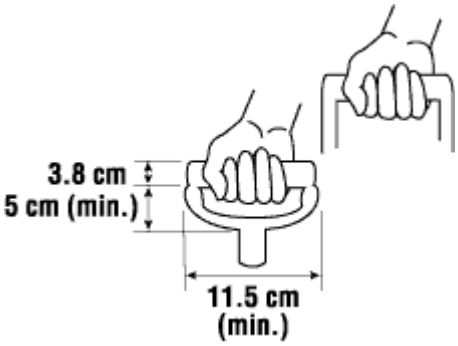
# MMH – Handholds on Load and Gripping Aids – I – Fact Sheet



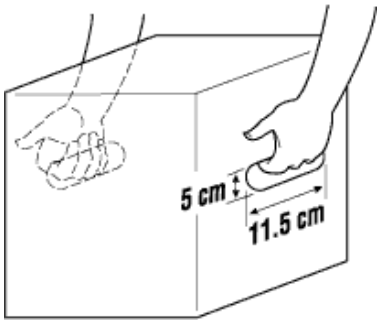
**DOES A GOOD GRIP MATTER?**

Yes. Good handholds make lifting and carrying easier and safer.

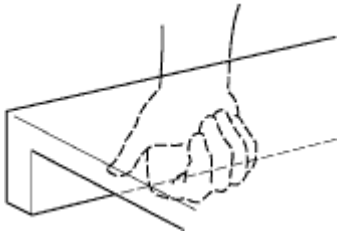
- Use the “power grip” on loads with handles.

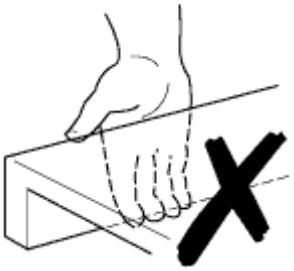



- Use the “hook grip” on loads with cut-out handholds.

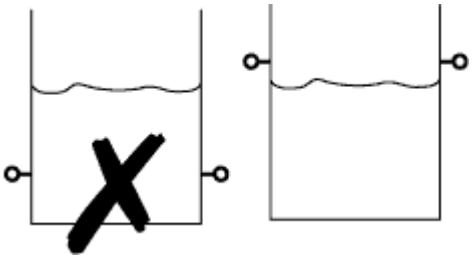



- Curl your fingers around the edge.
- Do not hold the load with finger tips.





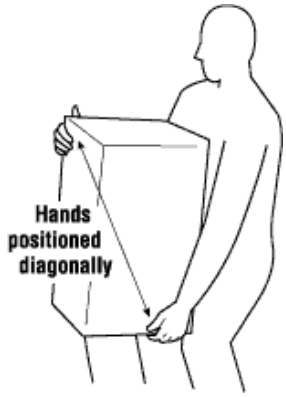
- Use containers with handles located more than halfway up the side of the container.



- Use the “ledge grip” to handle regularly shaped objects without handles.



- Hold the object with hands placed diagonally.




- Wear gloves where practical.

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