

# Automotive service and repair industry

## Hand tools

Injuries associated with the use of hand tools can include:

- occupational overuse syndrome
- mild discomfort in hands or wrists
- swelling and pain
- numbness
- puncture and laceration injuries
- reduced blood flow to fingers due to vibrating tools, causing fingers to turn white.

### Design, selection and use of hand tools

- select the right tools for the job
- tools should be comfortable to hold and easy to use
- keep weight and size of tools to a minimum, ideally not greater than 2.3 kg for power tools and 1.75 kg for precision tools.

**With repetitive type tasks**, consider re-designing the task, or using a counterbalance system where possible.

**For leverage**, select tool length of at least 100 mm.

**When choosing hand tools**, consider the worker's hand size, the dominant hand that will be used when working with the tool and the worker's physical strength and capabilities. The general rule of thumb should be: **'If it aches, something needs to change'**.

For further information on hand tool selection and other general health and safety issues, call 1300 369 915 or visit [www.deir.qld.gov.au](http://www.deir.qld.gov.au).

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