

On-Site Health & Safety's Hand Grip Dynamometer Testing Protocol

Equipment required for testing hand grip using the Dynamometer:

1. Dynamometer Instrument
2. Stopwatch or watch to keep time.

To configure the Dynamometer the technician will:

1. Turn on the Dynamometer by pressing the "On/Set" button.
2. The main menu will appear and the "User setting" selector number will be blinking.
3. Press the "On/Set" button to scroll to the Male/Female menu. Press the "Arrow Up" button to select the appropriate gender.
4. Press the "On/Set" button to scroll to the "Age" menu. Press the "Arrow Up" or "Arrow down" button to select the appropriate age for the person being tested.
5. Next ensure that the person being tested is properly fitted for the Dynamometer. Allow the person to hold the Dynamometer from the hand grip. The palm of the hand should rest on the bottom of the grip and the "Middle" of the fingers across the grip bar.
 - a. If the Dynamometer needs adjusting, you may turn the white nob near the top of the grip until the grip is adjusted properly and fitted for the user.

To test using the Dynamometer:

1. Begin the test by pressing the "Start" button.
2. The screen should display "0.0 kg."
3. If the weight is displayed in standard "lbs." format press the "On/Set" button to display the metric "kg" setting.
4. Allow the employee to hold the Dynamometer with their arm resting besides of their leg.
5. With their arm in the resting position (pointing down) instruct the employee to squeeze the handgrip as hard as they can for 5 SECONDS and then relax.
6. The employee must now have a 30 SECOND resting period. The technician will take note of the maneuver result.
7. The maneuver must be repeated 3 times per hand as follows:
 - a. Test the Right hand 3 times. Test the Left hand 3 times.
 - b. To start a new maneuver press the "On/Set" button, the screen should reset to 0.
8. At the end of the 3rd trial, the technician will record the highest (best) value of all 3 trials.