

## HAND CONTRACT



**SAFETY-** Let the little finger remind you of Safety. It is the weakest finger and the one that sustains most of the injuries.

**COMMITMENT-** This finger is most commonly known as the ring finger and signifies a commitment to each other. You need to commit to doing your best and helping others achieve their best effort.

**RESPECT-** This finger by itself is a universal sign of disrespect. Let this finger remind you to respect your team mate. That means you will respect his or her emotionally by not degrading them and physically by respecting their body.

**NO BLAME-** This is the pointer. When it is outstretched it is pointing at someone or something. Just remember that three fingers are pointing back at you. Let this finger remind you not to place blame on anyone.

**FUN-** The thumbs up is a universal sign of OK. Let this sign remind you to always have fun.