

Say it with... HANDS

Idiomatic expressions involving hands

Expression	Meaning	Example
To give someone a hand	To help someone	Can you give me a hand with this email?
To have a hand in something	To be involved in something; to have influence in something	The report sounds great. Did Ben have a hand in it?
To hand somebody something	To pass somebody something	Can you hand me that folder please?
To gain the upper hand	To get into a stronger position than someone else; to gain control	After his great interview the politician started to gain the upper hand in the polls
To hand it to someone	To admire someone	You've got to hand it to Michaela; she gave a really great presentation.
To have your hands full	To be really busy	I'd love to help but I've got my hands full with the customer meeting this week.
To have your hands tied	To be powerless to act	If it were up to me I would fire him, but my hands are tied.
To hand something over	To give something to someone; to pass responsibility to someone else	I'm not in charge of the project anymore. I handed it over to Sarah last month.