

## **Your Body in the Garden**

A presentation by Susan Guest

### Ergonomic Tools Information

What makes it ergonomic? If it fits your body to create more ease and comfort, and keeps your body properly aligned. These tools are designed for ease of use, may be lightweight, have a different grip.

Many hand tools force apply force on the joints. The handles on these tools are designed to let the strongest arm muscles do the work, while keeping the joints in natural positions.

Some have handles that are thicker than most, making them easier to grip – especially for those with arthritic hands or poor hand strength.

Do your own internet search for “ergonomic garden tools”.

#### **DeWitt Tools** [dewitttoolsusa.com](http://dewitttoolsusa.com)

This company offers a wonderfully wide range of tools with unusual blades and right, left handed tools. Take a look at the many types of trowels and shovels they have!

#### **Radius Garden**

202 PRO Ergonomic Stainless Steel Shovel \$44

This tool has a resin-encased steel shaft core and a stainless-steel head. They are so strong that you can apply over 150 lb of prying force at the end of the handle without breaking it.

Multipurpose Garden Hand Trowel Reinvented the Ergonomic Pain-Free Shovel  
Perfect for Gardeners with Rheumatoid Arthritis \$16.95

Pro Anvil Pruning Shears - Less Effort More Comfort, Rotating Handle  
Ergonomic Reduce Strain, Super Sharp- Finger Protection Guard \$30

Radius Garden 4-Piece Ergonomic Gardening Hand Tool Set, Includes Trowel, Transplanter, Weeder, and Cultivator- Set of 4 is \$40

#### **The Wright Stuff.com**

**Easi Grip**- Tools that have an upright grip and extension for the forearm for people with issues in the arms and wrist.

Need more assistance?

Susan also does private consultations to help you find more ease and keep you in the garden. Contact her at 978-290-9703, [susan@movesensebe.com](mailto:susan@movesensebe.com)