**Tips for Choosing Helpful Tools**

- Make sure the tool is small and lightweight.
- The tool should be portable.
- A tool that is able to be attached to a belt loop or tool belt is helpful.
- Look for a tool that is not too expensive to purchase.
- Choosing tools that have adjustable grips and sizes allows them to be shared.

**Arthritis Limitations for Farmworkers**

- Arthritis means “inflammation of a joint,” which can cause swelling, redness, pain, and loss of joint use.
- It can make working much harder for farmworkers. Repetitive bending, kneeling, picking, and carrying increase arthritis pain.
- There are several smaller, portable tools and devices that can be very helpful in managing arthritis pain.
- A farmworker does not have to have arthritis to use an assistive device or tool.
- It is better to try to prevent arthritis pain before it occurs.

**6 Quick Tips for Arthritis Pain Management**

1. Wear protective gloves and sturdy work boots to help support joints.
2. Exercise to reduce pain, increase movement, strengthen the joints, and maintain a healthy weight.
3. Take breaks and alternate hard tasks with easier jobs.
4. Use a wheeled cart for heavy items.
5. Use the strongest joint when lifting and use longer handles when reaching.
6. Discuss alternative therapies, medications and self-management with a local health clinic.

For Additional Information:

National AgrAbility Project
1-800-825-4264
www.agrability.org

Arthritis Foundation – Heartland Region
Arthritis and Agriculture Project
1-800-783-2342
www.arthritis-ag.org


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Helpful Tools

1. Bucket Grip/Handle Helper - www.leevalley.com
2. Tailgate Master Truck Steps - www.amleo.com
3. Vibration Seed Dispenser - www.backsavergrip.com
4. "Grabbit" Bag Carrying Handle - www.truevalue.com
5. Four Pocket Tool Pouch - www.tailgatemastertrucksteps.com

1. Lee Valley Tools - www.leevalley.com
2. A.M. Leonard - www.amleo.com
4. True Value Hardware - www.truevalue.com
5. Master Truck Step - www.tailgatemastertrucksteps.com