

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.

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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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 **AgrAbility**
Cultivating Accessible Agriculture

Assistive Devices and Tools for Farmworkers with Arthritis Pain



 **Arthritis & Agriculture**
www.arthritis-ag.org

Helpful Tools



Bucket Grip/Handle Helper⁴



"Grabbit" Bag Carrying Handle¹



Four Pocket Tool Pouch¹

Tools not included.



Shovel Step/ Toolstep¹



Tailgate Master Truck Steps⁵



GreenThumb Fire Hose Nozzle¹



Stout's Back Saver Grip³



Contoured Kneeling Pad¹



Vibration Seed Dispenser¹



Comfort-Tech Weed Trimmer and Utility Sling²



Five Piece Telescoping Tool Set¹



Smart Cart/Trailer Wagon and Trailer Conversion Kit¹

¹ Lee Valley Tools - www.leevalley.com

³ Back Saver Grip Corp. - www.backsavergrip.com

² A.M. Leonard - www.amleo.com

⁴ True Value Hardware - www.truevalue.com

⁵ Master Truck Step - www.tailgatemastertrucksteps.com