

# IN THE GARDEN

*Taking care of the garden can be difficult when you have RSI and the right tools can make a big difference.*

Look for ones that are light, have long handles with a thick grip and weeders that use the feet, not the hands.

Here are some examples:



Fiskars Garden Ligh Spade



Classic Hand



Grandpa's Weeder



Ho Mi Weeder



Ergo Deadheader

The **Fiskars pointed spade** is very light at only 900g, the **dandelion weeder** uses an easy lever action and **grandpa's weeder** is worked with the foot. We also like the classic Asian weeder, the '**Ho Mi**', which uses an easy 'throwing' movement to get under a weed.

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### PRUNING

Look for tools that use ratchet systems. Instead of needing to apply a large amount of pressure all in one go, the ratchet system means that small increments of pressure can be applied, and the ratchet will stay locked until the next increment. This reduces the chance of straining your hand while cutting.



### WATERING

Look for a sprinkler nozzle with a lock for the 'on' lever– then you don't have to maintain constant pressure.



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