

IN THE GARDEN

Here are some tips and tools from members for using lightweight and adapted gardening tools.

WEEDING

This weeding tool makes weeding easier in two ways: the curved back allows you to lever weeds out against the soil surface, and the long thick handle is easy to hold with one or both hands.



These tools (above), often called 'ladies' tools are great for people with RSI. As well as being lighter than normal forks and spades, they're also often shorter, which can make them easier to use if you're not too tall. When using them, it's also important to use your whole body in one fluid motion, not just your arms.

PRUNING

Here are some pruning tools (below), including a branch lopper and hand pruner that have handy 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 greatly 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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