

New Tools Available



Radius

Many tools are available to help enable the gardener: light-weight, ergonomic, long-handled, telescoping.



This tool has a vertical grip and forearm support that provides additional leverage.

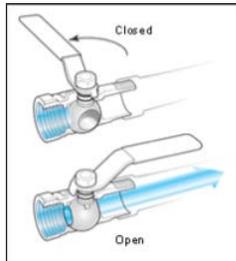
Peta Easi-Grip®



This style seat/kneeler can provide protection for knees and has handles to assist getting up. It can also be flipped to use as a bench for sitting.



Fireman's handle uses larger muscles and joints; less pinching and squeezing.



Valve allows easy control of water flow when tap is turned on.

Our Mission

Our mission is to educate the public on principles and methods that enable gardeners to enjoy gardening throughout their lifetime. Education is designed to teach:

1. How to modify the garden – accessibility and plant selection;
2. How to modify the gardener – techniques and tools.

The Southeast Wisconsin Master Gardeners demonstrate these enabling tools and equipment as a service to people interested in gardening. This is not an inclusive collection and does not represent an endorsement of these products or retailers.

Disclaimer

The gardening tools and techniques you see here are designed to enable people with physical impairments to participate in gardening activities. These tools and techniques are also designed to prevent injury and pain while gardening. This information is general only and should not be construed as medical advice or treatment.

You should consult a physician concerning your own situation and any physical problems or medical questions you may have before putting these techniques and tools to use in your own garden.

FOR MORE INFORMATION VISIT THE TOOLBOX:

<https://fyi.extension.wisc.edu/sewmg/life-long-gardening/>

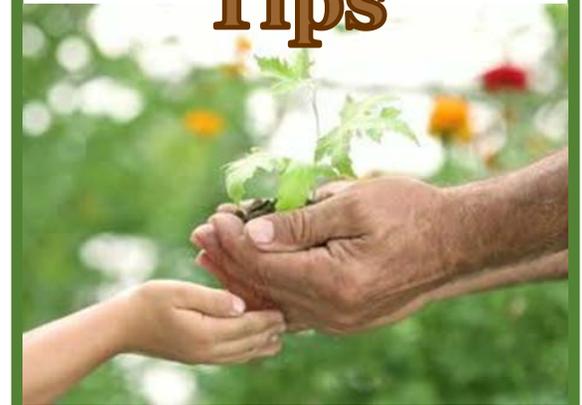


UNIVERSITY OF WISCONSIN-MADISON
DIVISION OF EXTENSION

Som/Feb2020



Lifelong Gardening Tips



Gardening for Life

Southeast Wisconsin Master Gardeners Lifelong Gardening Project

Be Prepared

- Warm up muscles with exercise.
- Wear a hat, sunglasses, sunscreen, bug spray.
- Have your cell phone with you.
- Carry water.
- Carry tools to avoid extra trips.
- Wear gloves that fit you.
- Is your Tetanus shot up-to-date?

DO THINGS IN MODERATION AND . . .

- Consider the scale of your project.
- Switch tasks and change positions often.
- Sit to do a task.
- Drink water.
- Take frequent rest breaks; 15 min./hour.
- Use larger muscles and joints.
- Use light-weight, ergonomically designed tools; long-handled tools to avoid bending; tools with smaller ends to reduce the weight; two hands when possible; and tools that fit your hand size.
- Use assistive devices when needed.

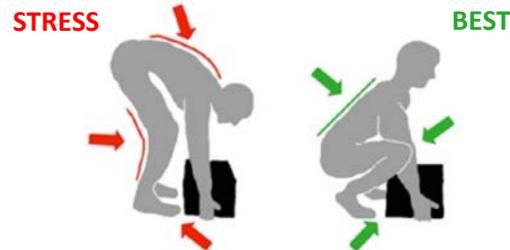
BRING THE GARDEN UP



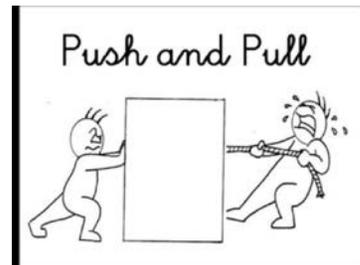
Avoid bending to reach the garden by bringing the garden closer to you. You can do this by using raised beds or garden benches (if needed one that can accommodate a wheelchair), container gardening, or vertical gardening.

Good Body Mechanics

1. Maintain broad base of support.
2. Bend at hips and knees; get close to object.
3. Use stronger (larger) muscles.
4. Use your body weight to push/pull.
5. Carry heavy objects close/next to your body.
6. Avoid twisting your body as you work.
7. Avoid bending for long lengths of time.
8. For heavy objects get help; use devices/tools.



Push is better than Pull.



Use wheels for transport. Roll rather than carry whenever possible.

Plant Selection

- Choose plants that grow naturally in your area.
- Shrubs are less maintenance than perennials and less work than annuals.
- Avoid aggressive and invasive plants.
- Groundcovers and mulch to reduce weeding.
- Containers and annuals for accent and color.

Modify Tools You Own

You can add cushion and width to the circumference of tools with pipe insulation and duct or electrical tape available at most hardware and home improvement stores. Cut the material to length and secure it with the tape. Reduces fatigue when gripping the tool.



Be sure your tools are kept sharp; this includes hoes and spades as well as pruning shears and hedge clippers. Sharp tools are easier to use, reducing fatigue.



Make a seeder from one-inch PVC pipe. Place seeds where you want them without the need to bend over.