

## What are Ergonomic Tools?

Using proper garden tools or equipment is a vital part of successful gardening. Careful tool selection can make gardening easier, while protecting you from unnecessary and unwanted stress, strain, and injury. Every gardener knows that, without proper tools, no garden will give you the success you desire.

For a list of books and booklets about Accessible Gardening, please click here



### definition

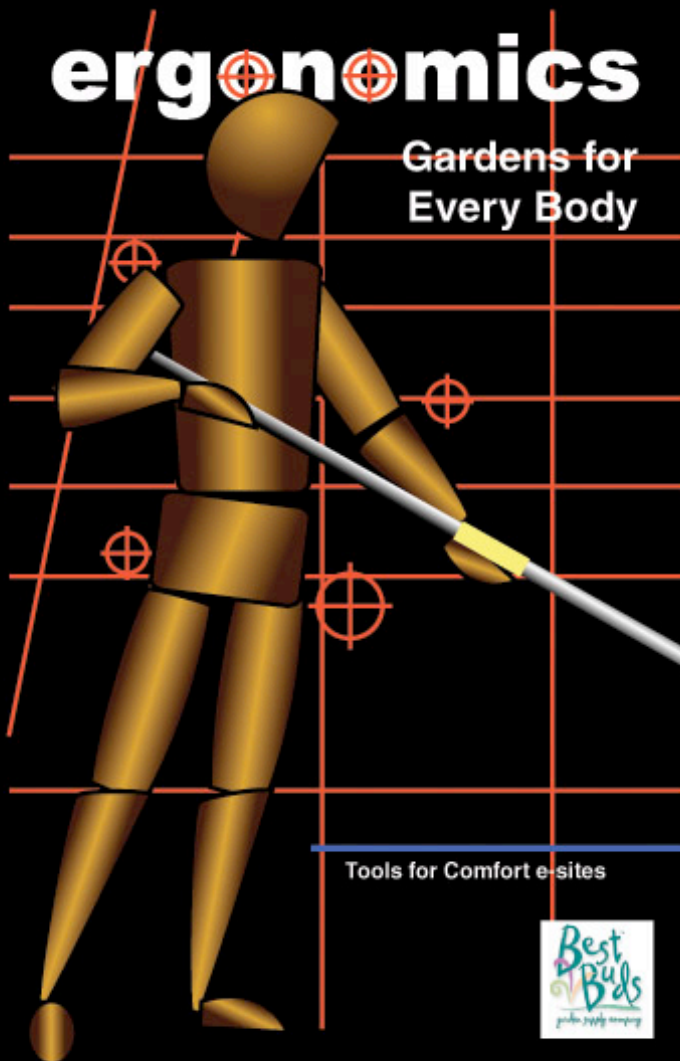
What is ergonomics? Ergonomic is the application of scientific information concerning humans to the design of objects, systems and environment for human use. Work systems, sports and leisure, health and safety should all represent ergonomics principles if well designed.

### using ergonomics

How do you use ergonomics? Using ergonomics ensure that products and environments are comfortable, safe and efficient for people to use.

# ergonomics

## Gardens for Every Body



## Who does AgrAbility serve?

The Missouri AgrAbility Project helps farmers, ranchers, and agricultural workers with disabilities and their families succeed in production agriculture and rural community life.

In Missouri, the AgrAbility Project links the University of Missouri and Educational Assistants (EAs) from the Small Farm Family Program (SFFP) at Lincoln University Cooperative Extension Services with Services for Independent Living, the nonprofit disability service organization to provide practical education and assistance that promotes independence in agricultural production and rural living.

This material is based upon work supported by the Cooperative State Research Education and Extension Service (CSREES), United States Department of Agriculture under special project number 2001-41590-01143 and the U.S. Department of Education's National Institute on Disability and Rehabilitation research under special project number H133B960022.



Tools for Comfort e-sites

