

THESE TIPS HELP

REAL STORIES FROM FARMERS

NEED HELP OR MORE TIPS?

TIPS TO AVOID PAIN

FARM SMARTER, HURT LESS

DON'T WORK IN PAIN

MAKE FARM WORK EASIER



OLIVIA

She felt pain in her wrists and forearms from using long-handled pitchforks. After switching to shorter handles with better grips, her work became easier and less painful.

WANT A FREE SAFETY CLASS?

HELP PICKING TOOLS?

MORE INFORMATION?



Scan code to visit link

→ [FARMTECHFORHER.COM](https://farmtechforher.com)

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TOOL CHECKLIST

- Is the handle lift height in line with your elbow when you stand?
- Does the grip feel comfortable in your hand?
- Is the blade the right size for the job?
- Is the tool's weight manageable for extended use?
- Tools should feel balanced, not too heavy, allowing you to work comfortably without excessive fatigue.



HANNAH

She had lower back pain from bending too much while using shovels. Adjusting the handle height to fit her body helped reduce her back pain.

BETH

Struggling with large, heavy shovels that caused pain in her arms and hands, she found relief with a smaller shovel that had a textured grip, allowing for easier control.

WHY FARM INJURIES HAPPEN

Using tools that do not fit your body



Handle too high



Handle too low

Using heavy or oversized tools



Hard to hold

Bending or twisting too much



Excess movements

Repeating motions



Skipping breaks



PROTECT YOURSELF AND WORK SAFER



Choose tools that fit your body (good height, length and weight)



Bend your knees when lifting (do not bend only at your waist)



Hold heavy objects close (do not reach with heavy objects)



Keep wrists straight (neutral wrist position)



Take short breaks and rest (stay hydrated)



Lift with your legs, not waist (tighten your core & move slowly)



Use both hands (disperse the weight evenly)



Rotate your tasks (break up repetitive movements)



Stop if something hurts (don't risk a permanent injury)



Ask for help (get others to help with heavy and bulky items)