

**Take the burden out of gardening by using tools that are designed ergonomically—which means they can be used more efficiently and safely.**

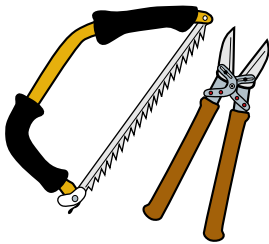
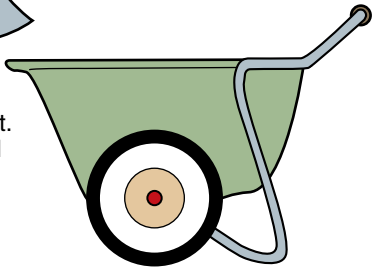
## Shovels and Spades

Gardeners should buy a padded shovel sized for their height. Some digging tools are made with angled handles to transfer the strain of lifting from the back to the legs.



## Wheelbarrows and Carts

Select a model that suits your height. Many ergonomic carts have padded handles and larger wheels than the average wheelbarrow.



## Pruners and Saws

Better-designed blades cut faster and more efficiently. Padded handles also help lessen muscular strain. Some pruners have special pivot-point designs to reduce the amount of pressure needed to snip branches.

## Hand Tools

Although a subtle feature, padded handles can greatly reduce strain on hands and arm muscles.

