

Solutions for Living

Everyday tools for ranchers and farmers



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Solutions for Living: Everyday Tools for Ranchers & Farmers

Agriculture remains among the most hazardous occupations in the United States. An estimated 140,000 non-fatal workplace injuries occur yearly in agriculture. Wyoming's highest nonfatal occupational injury and illness rate in a major industry occurs in agriculture. The incidence rate is 17.1 per 100 employed in Wyoming agriculture compared to 6.2 in the United States.

The average age of Wyoming ranchers and farmers is 55.4 years of age. The risk of age-related diseases, limitations and injuries increases during the normal aging process. Most, if not all, older ranchers, farmers and agricultural workers are exposed to increased risk of injury, including secondary injury, due to physical or mental limitations that impair judgment, physical mobility, or response time.

Purpose of this document:

To show examples of products or solutions that can help a rancher or farmer with everyday tasks and reduce the likelihood of a secondary injury. The document is arranged in the following categories:

- **Back-saving solutions**
- **Reducing slips and falls**
- **Reaching solutions**
- **Gripping solutions**
- **Work tools**

Using the document:

Items listed are only examples of the many solutions that can be used. All products were identified through an Internet search. Many of the products came from these sites:

- *Life with Ease* www.lifewithease.com
- *Active Forever* www.ActiveForever.com
- *Senior Shops* seniorshops.com
- *National AgrAbility Project* www.agrabilityproject.org

Other items came from the brand or trade name of the product. To locate these products, place the brand name, trade name or product description in a search engine such as Google Images. In addition, a local hardware, building supply, department, or office supply store may be able to order the product.

Other everyday solutions and agricultural assistive technology devices can be located through:

- *The National AgrAbility Project*
www.agrabilityproject.org
- *WIND Assistive Technology Resources (WATR)*
wind.uwyo.edu/watr/
- *Breaking New Ground Resource Center*
cobweb.ecn.purdue.edu/~agenhtml/ABE/Extension/BNG/Resource%20Center/resourcecenter.html

Updating this Document:

New assistive technology products come out daily and old products are discontinued. This document is as current as the day all images were downloaded. It is not intended to be an all inclusive list. The goal is to update the list and pick no more than 12 solutions to highlight for each category on a yearly basis.

Due to the dynamic nature of the World Wide Web, Internet sources may be difficult to find. Addresses change and pages can disappear over time. If you find problems with any of the listed Web sites in this publication, please contact Wyoming AgrAbility. Contact information is on the back cover of this publication.

Acknowledgement:

This document was adapted from *Solutions for Easier Living Located in Your Neighborhood* by Therese Willkomm of the University of New Hampshire Institute on Disability. Many additional products and solutions are contained in this excellent document, which can be ordered online from:

www.atinnh.org/resources.html.

Back-saving solutions:

- move heavy objects easily
- reduce strenuous bending or lifting
- provide extra support for injured backs



Ergonomic snow shovel



Cordless grass shear with extension handle kit and wheels



Expanding folding crate with wheels



Super Dolly



Lower back seating support



Fiskars® UpRoottm weeder



No-bend dustpan and broom set



Waste can with foot pedal



Smart Cart wheelbarrow



Upper hand universal handle attachment



Stanley® panel carrier



Turntable with powered height adjustment

Reducing slips and falls

- added traction for snow and ice
- slip-resistant surfaces
- anti-slip coverings



Safety floor mats



Non-skid tread strips



Rug grip tape



Non-slip rug underlay



Over-the-shoe safety footwear



Snow and Ice traction cleats



Non-skid floor finish additive



Slip resistant work boots



Ice melting material



Ice prong for canes and crutches



Tread-Grip® ladder rung covers



Grip Strut® safety grating material

Reaching solutions

- for those with limited strength or mobility
- reach objects without bending or stretching
- provide added safety when reaching



Long reach garden tools



Rotating claw reacher



Step stool with handle



Portable jaw-grip reachers



Telescoping shoe horn



Indoor extension cleaning system



Pull out pantry shelves



Revolving shoe trees



Light-bulb-changer



Long handled body lotion applicator



Grip lock reachers



Wireless, remote-controlled outlets

Gripping solutions

- for people with arthritis or weak hands
- reduce stress to wrist and elbow
- improve leverage strength



Add-on handles



Leveron® door knob turner



Electric plug pullers



Foxtail™ sliding faucet handle



Ergonomic garden tools



Plastic turning handle



Pencil grips



Easy-grip jar openers



Spring-loaded scissors



OLO® Rolling Scissors



Scissor-style staple remover



Cordless optical trackball mouse

Work tools

- one-handed solutions for arthritis, amputations, weak hands
- limit contact trauma to palm and fingers
- reduce irritation to tendon-bone connections



Ergonomic paint brushes



Quick-Jaw® Bar clamps



Needle nose pliers, bent handle



Vibration-dampening glove



Pistol grips with clamps



Metal and wood files



Craftsman®
Automatic self-sizing pliers



Nailing hammer with nail starter



Ratchet-action pruner



Auto-Tape™
One-handed
powered
tape measure



Compact screw driver

Black & Decker
automatic
adjustable wrench



WYOMING AgrAbility

Promoting success in agriculture for people with disabilities and their families

Wyoming AgrAbility provides education, networking and assistance to ranchers, farmers, agricultural workers and their families focused on promoting independence for those with disability resulting from injury, illness, aging, or other causes.

Authorized by the 1990 Farm Bill, the U.S. Department of Agriculture initiated funding for state-level programs to provide help on accommodating disability in agriculture. Twenty-five states are operating through this funding and make up the national effort known as the National AgrAbility Project.

As one of those states, Wyoming has created a partnership of the University of Wyoming through its Cooperative Extension Service, Wyoming Institute for Disabilities, Center for Rural Health Research and Education and non-profit disability service providers Gottsche Rehabilitation Center and Wyoming Independent Living Rehabilitation. This partnership offers comprehensive assistance to individuals and their families. Building on the strength of nationwide informational resources, along with a statewide network of agricultural, rural health, safety, and social agencies, Wyoming AgrAbility offers individual services for increasing self-sufficiency and independence.

For more information about **Wyoming AgrAbility**, or to request an on-site ranch or farm assessment

call (866) 395-4986 or

email AgrAbility@uwyo.edu

www.uwyo.edu/agrability/

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