

New York AgrAbility Project

Tip Sheet

Promoting Success in Agriculture for People with Disabilities and Their Families

Energy Conservation for a Person with Rheumatoid Arthritis

- Use the **STRONGEST/LARGEST JOINTS** Available for the Job
Instead of using your fingers, use your wrist; instead of using your wrist, use your elbow; instead of your elbow, use your shoulder.
Lift objects by scooping them with both hands, palms up.
Push heavy objects using the weight of the body, rather than pulling or lifting.
- **REDUCE THE EFFORT NEEDED** to do the Job
Add leverage to items to reduce the force to operate those levered faucets, door handles.
Use light weight utensils and dishes.
- **PLAN AHEAD**

Gather all items needed before starting an activity or job.
Spread heavy and light tasks throughout the day and week.
- **PACE YOURSELF** and Avoid Fatigue

Plan your day to allow for a balance of rest and activity.
Don't wait until you are tired before you stop and rest.
- **SIT** when Possible

Sitting eliminates considerable fatigue.
Use a seat in the shower and when dressing.
- Apply **WORK SIMPLIFICATION** strategies

Select an activity to improve. One that takes too long, increases fatigue or pain.
Determine if the activity is necessary and if you are the best person to do it.
Break down the activity into steps.
 - Getting ready
 - Performing the activity



-- Clean up

What is the best way to perform the activity using the energy conservation and joint protection principles?

- **Use Good Posture**

Sit and stand straight.

Proper body alignment balances muscles and decreases stress.

- **Use Good Body Mechanics**

Push or pull, rather than lift.

Slide objects along the counter.

Stand close to the object to be moved.

Carry items close to the body, keeping your back straight.

Avoid bending, reaching, twisting.

If you must lift, you should do so with your leg muscles rather than your back.

A portion of the information shared from: <http://www.geocities.com/Heartland/Prairie/5309/arth6.html>