

FARMING WITH ARTHRITIS -TRACTOR SIMPLE SOLUTIONS

University of Missouri

A Problem: Tall steps and a lack of grab bars can cause stress.

Solution: *Adjust the height of your step so it is lower to the ground and add grab bars.*

B Problem: A lack of mirrors can result in pain due to constant turning and straining to see.

Solution: *Adding mirrors can help maintain a clear field of vision and eliminate twisting and turning.*

C Problem: A high or uncomfortably placed control panel can result in stiff, painful joints.

Solution: *When buying or replacing equipment, look for comfortable, natural positioning of controls.*

D Problem: Hitching and unhitching heavy implements can cause joint stress and pain.

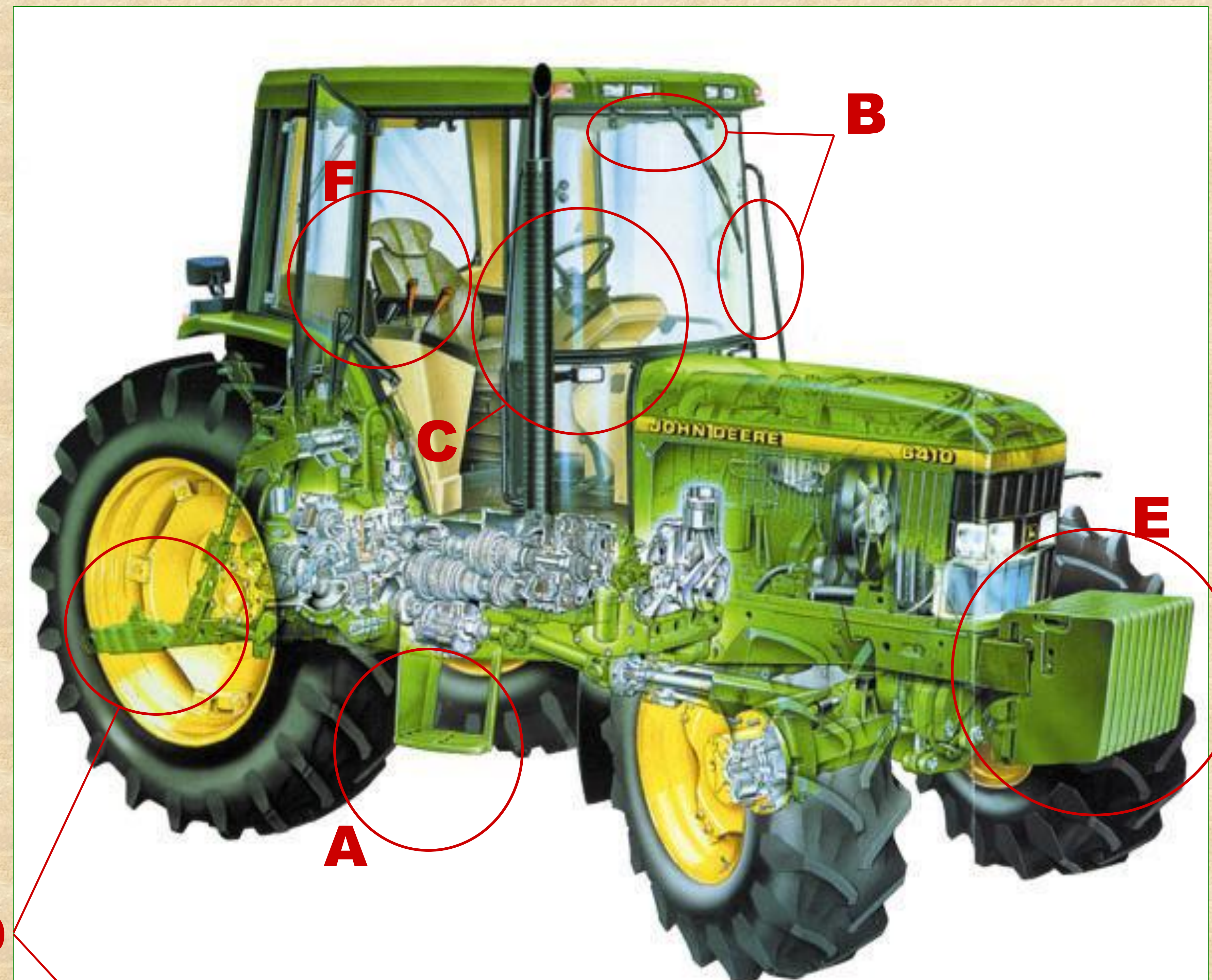
Solution: *Ask for assistance or investigate automatic systems.*

E Problem: Front end weights can cause pain when changing.

Solution: *Seek assistance when needing to adjust weights.*

F Problem: An uncomfortable seat can cause back, neck and leg stress.

Solution: *Consider purchasing an ergonomic seat that reduces pressure and vibration.*



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