

Ergonomic Tools and Accessories

21.115

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Tool manufacturers from all industries are now designing tools to be more ergonomic or body-friendly. Tools used repetitively over an extended period of time can cause injury if they're not ergonomically designed. Sewing and sewing tools are no exception to this rule. Each year, manufacturers of notions and tools are creating more items that are kinder to our hands, backs and necks. It is important that sewers, whether young or old, take as much care as possible when sewing as there is plenty of repetitive motion!

This guideline focuses on tools. For information on ergonomic chairs, see Guideline 21.110.

Snips & Scissors

There are several varieties of scissors and snips engineered with ergonomic handles that provide a comfortable, pain-free grip when used for long hours at a stretch.

Below are some choices of ergonomically designed scissors and snips.

Omnigrid® Scissors Ergonomic Thread Snips: These scissors are a good basic pair for many of your sewing needs. They have soft, cushioned handles that greatly reduce fatigue and are perfect for those with arthritis or carpal tunnel syndrome. The snips fit comfortably in your hand for making small and precise cuts. (Made by Prym Consumer USA.)

Fiskars® Softouch® Sheers and Micro-Tip® Scissors: These scissors give exceptional cutting performance. The micro-tip blades provide easy detail cutting for sewing and crafts. The spring action reduces hand fatigue by gently opening the blades after each cut. For safe storage or travel, the easy slide lock secures the blades closed. The cushioned handles help absorb some of the cutting force, reducing the impact on your hands. The grip also features a tacky finish that prevents the scissors from slipping in your hands and reduces the amount of physical force required to hold the scissors steady.



Fiskars Bent-Handle Scissors are durable and offer consistent, exceptional cutting performance. The ergonomic handle is designed for very comfortable cutting, and the plastic is molded to fit comfortably in your hand. The scissors are designed specifically to avoid touching pressure points and to distribute resistance across more of the hand during cutting, thus providing comfortable cutting action. An adjustable tension screw allows you to reduce or increase the cutting-motion resistance. Fiskars also offers a line of ergonomic pinking and scalloping scissors.



Dritz Ergonomic Softgrip Electric Scissors Set: These lightweight, electric scissors are designed to be very user friendly as the handle is ergonomically engineered to fit the shape of your hand. Since they are electric, they require no hand motion, which is especially good when arthritis is an issue. They remain stable when cutting intricate patterns and come with two blades: one for straight cutting and a shoe blade for patterns and fabric.

Rotary Cutters

OLFA® Deluxe Rotary Cutter: This ergonomically designed cutter has a comfortable handle and a positive grip. For safety when you release the handle, a guard

automatically cover the blade. You can lock the blade into the cutting position when cutting for long periods of time. This feature relieves your hand of the strain of holding the blade in the cutting position. The cutter also locks with the cover in place, to reduce the chance of injury. The Deluxe is available in 45 mm and 60 mm blade sizes.



The Fiskars Rotary Cutter

has an ergonomically designed contoured handle and a convenient handle loop. This design distributes the cutting force over a larger area of the hand for comfort and control. The Softgrip finish applied to the handle further reduces hand fatigue by reducing the amount of force required to hold the cutter steady.



Seam Rippers

The Clover white-handle Seam Ripper: A seam ripper is a must for quilters, sewers and needle artists. This seam ripper has an ergonomically designed plastic handle that is comfortable to hold and lends itself to precise use. It is especially good for those with arthritis and has a nonslip rubber tread for safety.

References:

Ergonomic Advantage LLC
(The Tilt'able and Sure Foot System)
888-SEW-TILT (739-8458)
www.ergonomicadvantage.com

Fiskars Brand Inc.
866-348-5661
www.fiskars.com and www.fiskarscrafts.com

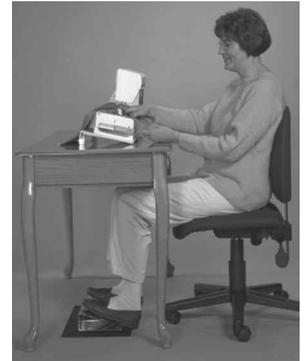
Clover Needlecraft Inc.
www.clover-usa.com

OLFA North America
www.olfa.com
800-962-OLFA

Prym Consumer USA (Dritz and Omnigrd Products)
www.dritz.com

Sewing Area Accessories

The Tilt'able™ was developed to promote better sewing posture and provide optimal view of the sewing machine's needle area. You can sit straight up and have direct view of the needle area without bending your neck. The Tilt'able is a portable platform, measuring 9" deep and 18" long, that sits under the sewing machine to tilt it forward. It has adjustable feet for six different positions. Aside from a better view of the needle area, by tilting the sewing bed up, your hands and wrists rest at a more natural position for sewing.



The Sure Foot System™ is made up of three separate pieces: a footrest for the nonsewing foot, a nonskid pad for the bottom of the foot pedal, and a nonskid mat for the pedal and footrest to sit on. The products position both feet at the same angle, so the legs are in the same position and the hips stay balanced in the chair. All of which creates superior sewing posture. The nonslip pads prevent the foot pedal and footrest from "walking around" under the sewing table, eliminating the common hunt for the foot pedal. 🖱️

