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Compost Giveaway

Monday, May 5 to Saturday, May 10, 2014

8 a.m. to 4:30 p.m.
Halton Waste Management Site
5400 Regional Road 25,
Milton



Thanks to the participation of Halton residents, approximately 34,000 tonnes of yard waste was composted last year and turned into rich, garden-friendly compost.

Halton residents are invited to pick up some of this compost as a "thank you" for diverting this usable material away from the landfill, thereby extending its life!

- All Halton households are welcome to collect a maximum of seven bags (or equivalent) of compost.
- Please bring your own containers (garbage bags, yard waste bags, reusable containers, trailer, etc.) and shovel.

- Residents are responsible for shoveling and bagging their own compost.
- Non-perishable food items or cash donations will be gratefully accepted on behalf of Halton area Food Banks.

Helpful Hint:

When applying compost to your gardens, ensure you blend it with topsoil or another gardening fill. Recommended application for best growing results is a 60/40 split (60 per cent topsoil and 40 per cent compost).

#HaltonCompost
@HaltonRecycles

Spring cleaning? We can help!

Bring your old batteries, paint, compact fluorescent light bulbs, pesticides and cleaners to the Household Hazardous Waste Depot at the Halton Waste Management Site. Maximum 20 litres per visit. No commercial loads accepted. For a list of acceptable materials and helpful hints, visit Halton.ca/hhw.



Thanking doctors during Physician Appreciation Week

Every year, Halton Region and our local hospitals, celebrate Halton's physicians and recognize their contributions during the annual Halton Physician Appreciation Week (April 28 to May 2). Thanks to our doctors, Halton is a healthy and safe community, and a great place to live. For more than a decade, Halton's Physician Recruitment program has marketed Halton to current and prospective physicians to help ensure every resident has access to a family doctor. For a list of family doctors accepting patients across Halton, visit Halton.ca/newphysicians.



Gary Carr
Regional Chair

Meetings at Halton Region

1151 Bronte Rd., Oakville L6M 3L1

- April 29 9:30 a.m.** Health & Social Services Cmte. - **cancelled**
April 30 9:30 a.m. Planning & Public Works Cmte. - **cancelled**
April 30 1:30 p.m. Admin & Finance Cmte. - **cancelled**
 Meetings can be viewed at Halton.ca/meetings.

Please contact us as soon as possible if you have any accessibility needs at Halton Region events or meetings.

Ergonomic tools make gardening easier

Hand injuries are a common side effect of certain occupations and hobbies. Tennis elbow or wrist and even carpal tunnel syndrome are well-recognized injuries. But ergonomic tools can help alleviate injuries due to repetitive motions.

The term ergonomics is derived from the Greek words "ergon," which means work, and "nomoi," which means natural laws. In the simplest terms, ergonomics is the study of how work is done and how to make work better. It has led to an entire subset of ergonomics including products that can make work better and are safer for the body. This is done by designing items that increase utility of the item, are more comfortable to use, and reduce injury through frequent use.

Ergonomic products are most readily associated with items of the workplace, including ergonomic keyboards, computer mice, office chairs, and lighting. But many industries have reevaluated operations to include tools that are ergonomic in design. Gardening is one area where ergonomics has become especially popular.

The National Institute for Occupational Safety and Health estimates that the rate of hand injuries in the workplace is 25 hand injuries for every 10,000 fulltime employees. However, hand, back and injuries of other areas of the body are also commonplace due to hobbies like gardening. Many people have considered giving up gardening due to the pain that ensues from using the wrong tools. Here are some ergonomic tools to consider for use while gardening.

* **Extend a Hand Ergonomic Gardening Tool Set:** These garden tools help individuals continue gardening tasks with ease and joint protection. The tools attach to the forearm and feature a right-angled grip to promote strength and leverage. Interchangeable heads turn the tool into a hoe, trowel, cultivator, or pruning saw.

* **Radius Garden 102 Weeder Hand Tool:** This device alleviates wrist and hand fatigue from gripping and pulling out weeds the traditional way. The weeder features a patented hand grip that provides more leverage with less wrist

stress. The aluminum blade helps to cut through weed roots and lift out weeds with minimal effort.

* **Garden Works Ergonomic 7 Pattern Sprayer:** Instead of squeezing a hand grip to activate the hose nozzle, this sprayer features a sliding thumb valve that controls water flow while reducing hand strain. The seven different water flow patterns allow gardeners to choose from misting to streaming water flows.

* **Bond LH029 Ergonomic Handle Gar-**



Choosing the right garden tools can alleviate pain and strain.

den Spade: The handle and length of the tool is designed to create maximum comfort and leverage when digging in soil.

* **Miracle Gro(R) Ergonomic Garden Feeder:** This feeder has an ergonomic handle for an easy, stress-free grip. The trigger lock allows for one-handed control and three spray patterns.

Gardening doesn't have to be painful when you use tools that are specially designed to fit the hand. They help alleviate strain to the wrist and elbow while maximizing leverage. (MCC)