

Hints and tips on using scissors safely

It is important to keep using the muscles and joints in your hand. As we age, pain and restrictive movement becomes a fact of life, but it is important not to avoid the activity.

- > If you have stiff, swollen or fixed finger joints, extended periods of cutting may worsen the problem.
- > It is important to take care when using these products especially if you have poor or no sight.
- > Some people find that having a range of sharp scissors for different tasks can be helpful, for instance sharp points for delicate work or larger handles to give more power for cutting card. Also, sometimes it is easier to have a slightly larger handle as then you will not have to grip so tightly to hold the scissors. Some scissors come with non-slip grips and these also mean that you need less effort to hold them.
- > Consider using a paper guillotine for trimming paper. This is a safer method than using scissors.