

Modifying Hammer

IF YOU'RE LIKE most farriers, you probably have a favorite hammer for driving nails or working shoes at the anvil.

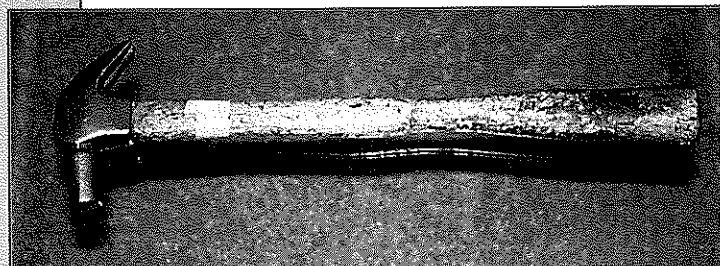
You want to modify a hammer handle to give your wrist and arm the comfort and long life they deserve.

Remember, that it's your arm and wrist that make you and your family a living. By using the correct type of handle and making fewer hammer blows, less stress will be placed on your wrist and you will reduce the chance of carpal-tunnel injuries which could shorten your career. Q

Bob Peacock is a veteran farrier and the owner of the Farrier Science Clinic at Hamilton, Ohio.

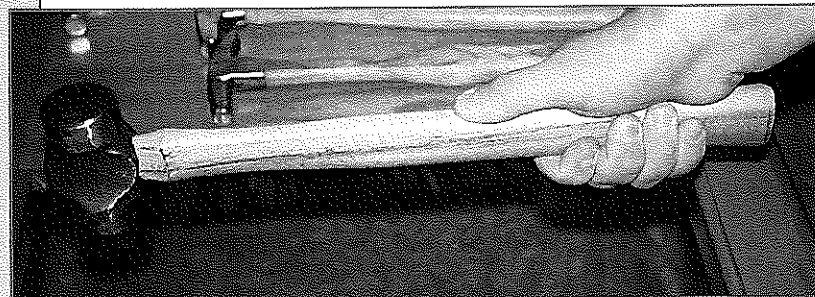
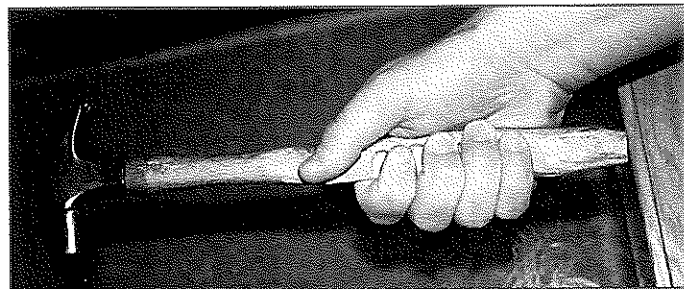


STRAIGHT WRIST. Notice straightness of wrist and position of thumb on handle. This handle for Heller 12-ounce driving hammer was cut at 13 inches and modified to fit shoer's hand.



LONG-TIME FAVORITE. Lexington, Ky., farrier Shorty Roberts' favorite 12-ounce Heller driving hammer. He gripped it 3 inches from the end, wearing it down or rasping it to fit his small hand.

FINGERS, THUMB. Handle modified to fit fingers and thumb.



LONGER HANDLE. Longer handle used for contest work. While watching forging contests, you'll notice some contestants gripping the handle near the head rather than at the end. Contestants often place their thumb on top of the handle for accuracy, but this is an injury waiting to happen. Holding the handle in this fashion can send pain up the forearm. As a result, many contestants wear wrist bands to reduce pain.

Handles!

By Bill Peacock

EIGHT DRIVING HAMMERS. These hammers (except for third one from the left) were modified from 12-ounce Heller handles.

From left to right:

1. 12-ounce Heller with OP link handle.

2. Handle for the 12-ounce Heller head made by the late Elmer Seybold of Mineral Wells, Texas.

3. 12-ounce Jim Linzy hammer with modified thumb and fingertips.

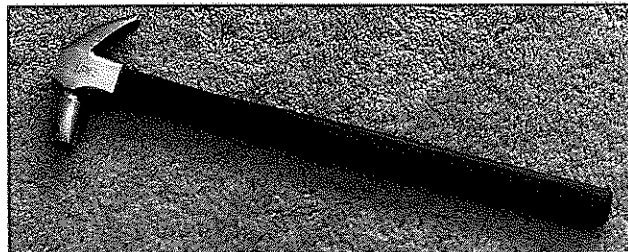
4. 12-ounce Heller handle, 13 1/2 inches.

5. 12-ounce Heller handle, 12 inches.

6. 12-ounce Heller modified to fit the grip of Lexington, Ky., farrier Shorty Roberts.

7. 12-ounce Heller with flat-sided 12-inch handle modified by Davidson, Mich., farrier Garnett Oetjens.

8. 12-ounce Heller (Simonds) with 14 1/2-inch handle ready to be modified to fit farrier's hand.



CRITICAL BALANCE. 12-ounce Simonds (Heller) handle modified by Edgewood, N.M., farrier Craig Trnka. It was rasped to balance the head with the handle.



CURVED HANDLES.
BioCurve handles from the Barco Co. are commercially available for driving hammers and 2-pound turning hammers.

From top to bottom:

1. 2 1/2 pound Super Duty Heller (Simonds) with modified BioCurve ergonomic handle used by Hamilton, Ohio, farrier Bob Peacock to relieve arm pressure.

2. Carpenter's hammer with 13 1/2-inch BioCurve handle.

3. BioCurve 13 1/2-inch handle to fit farrier's specific needs.

Limited supplies are available through farrier supply dealers.

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