If the width and or length of your hand fits inside the **GREEN** area we recommend the Ergo XS (green handle/purple handle). If your hand extends into the **BLUE** area, then choose the standard Ergo (blue/white handle). Naturally all hands and preferences are different. This is intended to help you make your choice but cannot be guaranteed to please all.

Using the convenient hand size guide, you can choose the Ergo Elevator handle that best suits the size of your hand. Simply place your hand over the illustration below, lining up your index finger and thumb with the **RED** line as shown.

**Place your hand here**

**Index finger and thumb along the **RED** Line**

This scale is in cm and is intended to be printed on A4 paper. However printer margins vary, check the scale above using a ruler to confirm it has printed at the correct size and adjust your printer settings if needed.