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.

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).

