

ERGONOMIC TIPS FOR THE KITCHEN

Occupational therapists can suggest strategies and kitchen modifications to promote ease and safety and avoid fatigue and injuries during meal preparation.

Place required items on more reachable shelves, hooks on the wall, or just above, below, or right on countertops.

Pullout shelves or lazy Susans to organize cupboards or the refrigerator.



Use a utility cart of comfortable height to transport several items at once!

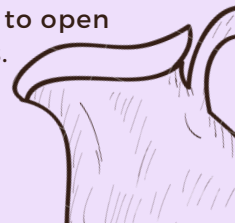
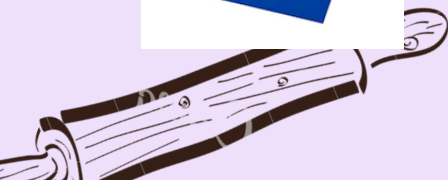
Use reachers to get lightweight items (example: a cereal box) from high shelves.

Sit on a chair and work at counter height to conserve energy in the kitchen.

Store heavy items closer to waist level to avoid unnecessary bending (example: a gallon of milk).



Stabilize mixing bowls and dishes with non slip material. Use a piece of Dycem or other non slip material to open containers.





Use lightweight utensils, such as plastic or aluminum bowls and pots. Use lightweight plates, cups, and other serving containers.

Use electric scissors or adapted loop scissors to open packages if you have trouble grasping.



Electric can openers and electric stand mixers are helpful for people with stiff joints or weak grip.



Use adapted kitchen tools with built-up handles to relieve stress on weak or inflamed joints.

Avoid extra bending by using dust mops, brooms, and dustpans with extended handles.



Use pump or electric dispensers for dish soap instead of dish soap containers with pour spouts, which require lifting and pouring of contents.

