

WORKSHEET 6—MEASURE HEIGHTS OF WORK SURFACES

HEIGHTS OF MY WORK SURFACES AND OVENS

Test each CENTER and APPLIANCE in your kitchen to see if you can reach the furthest work points comfortably (when doing a task common to that center) without bending over or raising your shoulders.

<u>Center or Appliance</u>	<u>CHECK ONE COLUMN ONLY:*</u>			
	<u>OK for Me</u>	<u>Bent Over</u>	<u>Raised Shoulders</u>	<u>Raised Hands above shoulders</u>
Mix and Store Counter	_____	_____	_____	
Cleaning: Sink Bottom	_____	_____	_____	
Sink Counter	_____	_____	_____	
Cook and Serve Counter	_____	_____	_____	
Bottom of Oven	_____	_____	_____	_____
Bottom of Microwave	_____	_____	_____	_____
Wet Bar	_____	_____	_____	
Eating Bar (seated)	_____	_____	_____	
Planning Desk (seated)	_____	_____	_____	

*Each person using the center on a regular basis should take the test.

SUGGESTIONS FOR CHANGING COUNTER HEIGHTS IN YOUR KITCHEN

To raise work surfaces if you are tall:

1. Use a thick board (butcher block or board with same counter surface) on top of the existing counter.
2. Use a stool with correct height for you when seated.
3. Wear as low a heel on your shoes as comfortably possible.
4. Replace the deep sink with a shallow one.
5. Raise the counters in a major construction change.

To lower work surfaces if you are short:

1. Install pull-out boards at correct heights below the countertops.
2. Use a stool with correct height for when you are seated.
3. Wear as high a heel on your shoes as comfortably possible.
4. Use a thick rubber mat at the work center.
5. Raise the floor in the entire work-triangle area.
6. Lower the counters in a major construction change.

To raise or lower surfaces when sitting:

1. Purchase a chair or stool with correct or adjustable height.
2. Shorten or lengthen legs on tables.

Check off the changes you would like to make in the above list, indicate the center in which you wish to make the change, and then go on to Step 7.