

1966

EC66-2202 Easy to Use Sink Center

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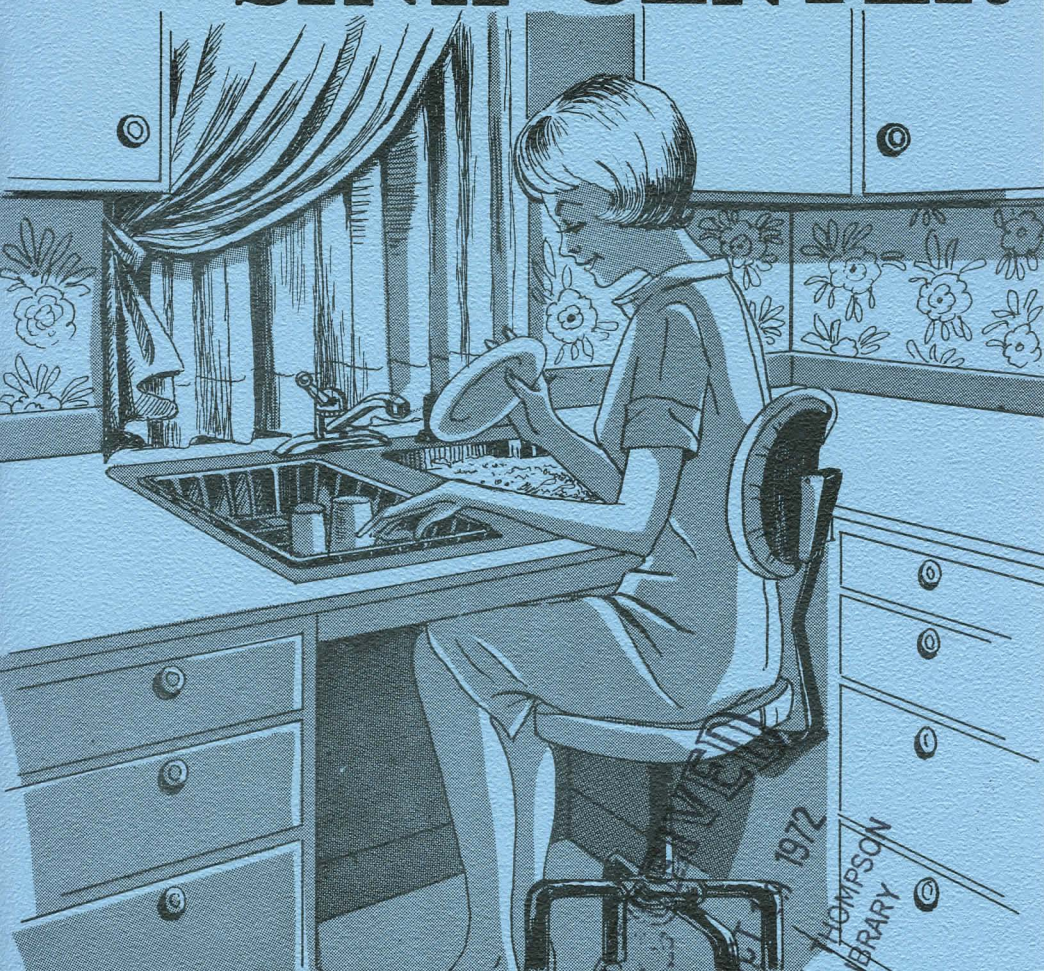
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For Physically Limited Homemakers



easy to use SINK CENTER



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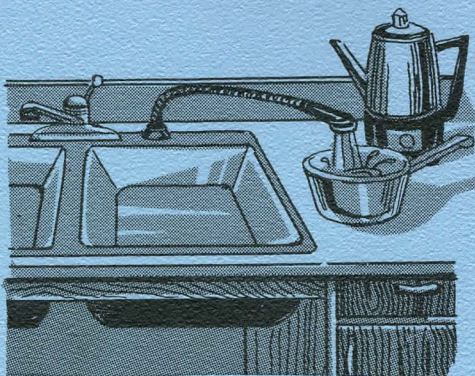


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easy to use **SINK CENTER**

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A shallow sink bowl, 5 to 6 inches deep, allows space for your knees underneath. When the drain is at the back instead of in the center of the bowl you have more space for knee clearance. A retractable spray hose simplifies cleaning the sink and allows you to fill pans without lifting them from the counter.

Most of your activities at the sink require water. You fill pans, prepare vegetables and wash dishes. A comfortable, convenient sink center makes work easy and pleasant.

WORKING COMFORTABLY AT THE SINK CENTER

Comfortable heights for work surfaces (counter tops, etc.) reduce fatigue. They should permit you to work without bending forward or raising your hand above elbow level. When standing you should be able to comfortably place your hands flat on the bottom of the sink.

Depending on the individual homemaker's measurements, 34-38 inches is considered a comfortable counter top work height for a standing position. For a seated working position the height is less, often to 29-32 inches.

The bottom of the sink and pull-out boards in the cabinet area next to the sink provide the work height variation necessary for some tasks to be done comfortably. They also provide extra work surface. Usually, a surface 30" in length at the right of the sink and 26" at the left of the sink gives an adequate working area.

When you sit at the sink to work you need open space below for knee clearance. Remove the doors from cabinets under the sink to give you this space. The height of the opening should be 24 to 29 1/2 inches and the width 24 to 30 inches.

Magnetic racks, shelves, cabinets and/or pegboard between your counter top and upper cabinets provide storage within easy reach for a number of often used articles. For your upper cabinets provide adjustable shelves and vertical files. Roll-out drawers and shelves, vertical files, hanging racks and door-back storage are recommended for areas under the counter.



SINK-CENTER SUPPLIES AND EQUIPMENT

Items used first at the sink-center should be stored there. These items vary in size and in frequency of use. You will want to consider carefully where to store each one so that each will be conveniently available where it is used, and stored close to other items used with it.

Easy Reach Area - for Most-used Items

The Easy Reach Area is within the arcs made when you swing each arm, keeping elbows comfortably close to your body, as you work.

Dinnerware
Glasses
Silverware

Usually a right handed person
does dishes from right to left.
Store dishes to left of the sink,
nearest where they are drained.

Platters, Serving
dishes, Tongs,
Shears, Knives

Together near the cooking and
serving area

Coffee pot
Coffee
Measuring Spoon

Together because they are used
together

Paper, dish, and
hand towels, dish-
washing supplies

Easy or Maximum Reach Area- for Items Used Less Frequently

The Maximum Reach Area is within the arcs made when you swing each arm extended to full length as you work .

Sauce pans
Vegetable bin
Extra towels

WORK SAVING EQUIPMENT

Have you tried:

A floating blade vegetable peeler? It is safer to use than a paring knife .

Lightweight, break resistant, easy care dinnerware?

A posture-chair on casters for comfortable seated working?

Tongs to increase your normal comfortable reach?

A peeling and cutting board with two small projecting rust-proof nails to hold vegetables and fruits for one-handed peeling and cutting using minimum effort?

A bottle brush anchored to the sink by a suction cup attached to the handle? It simplifies washing bottles and glasses with one hand. Try this with the vegetable brush too.

Contact your County Extension Agent for other bulletins in this series for homemakers with physical limitations .