



## PREPARING MEALS

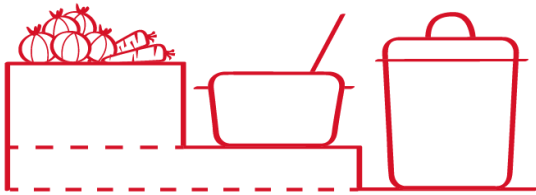
Cooking often goes together with standing bent forward for a specific period. It is namely a continuous alternation between finer and heavily tasks (e.g. cutting vegetables or taking full pots off of the stove).

### Quick check:

- What are the required tasks?
- What is the height of the work surface? Do I need to adjust my working height?
- Do I have all the things I need to be able to cook?

### Tips:

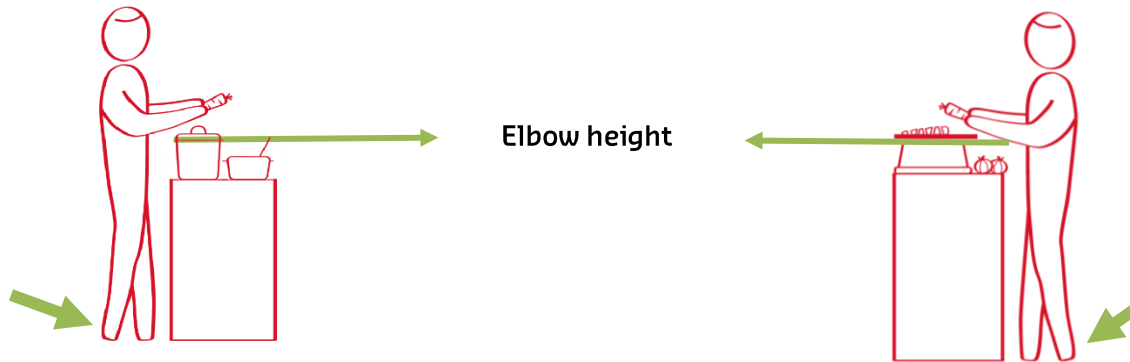
- If possible alternate your working height and adapt the most relevant basic posture (front-back or sideways spread stance);



→ **Elbow height: Fine task** (peeling and cutting)  
Find a stable height for your cutting board.  
e.g. several cutting boards, upturned large baking dish,...

→ **Hip height: Heavy tasks** (handling pots and pans)  
Limit or remove the raised area to work at about hip height.

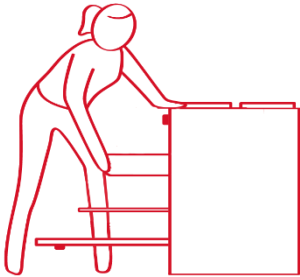
- If the work surface is too high, then look for an alternative work surface e.g. a dining room table to work at a lower height if needed;
- Regularly move your feet or shift your weight from one leg to the other leg (sideways spread stance);
- Use the nearby stove-eyes for heavier pots;



- If possible, stand close to your load.



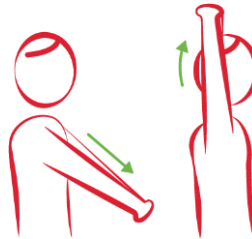
- Getting a baking dish in and out of the oven:
  - Make sure your feet are spaced apart, make sure you have broad stance;
  - Try to keep your back in a neutral position;
  - Pay attention to safety, use oven mitts;
  - Extra: Slide the tray already partway out of the oven so the pot or dish can be set down as soon as possible.



## Stretching exercises:

### Stretching shoulders:

- Lock your fingers into each other in front of you.
- Stretch your arms into the air, above your head.



### Stretching your legs:

- Take a step forward and bend your legs alternately.

