



## WASHING DISHES

Dishes are usually done at a standard height, the sink thus appears at first sight to be an interesting tool but depending on the dish washing, you are best advised to make certain adjustments to the surroundings.

### Quick check:

- Can I carry out the tasks at a comfortable height?
- Do I have the option of alternating the tasks (washing, drying, and storing?)
- Do I have space to position myself well?

### Tips:

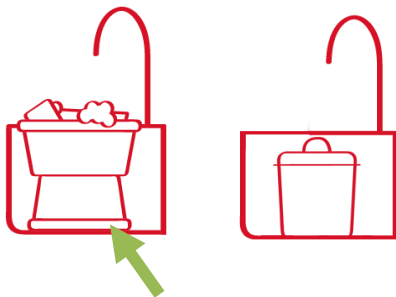
#### Make sure you have a broad stance:

Sideways spread stance.



#### Organising the room:

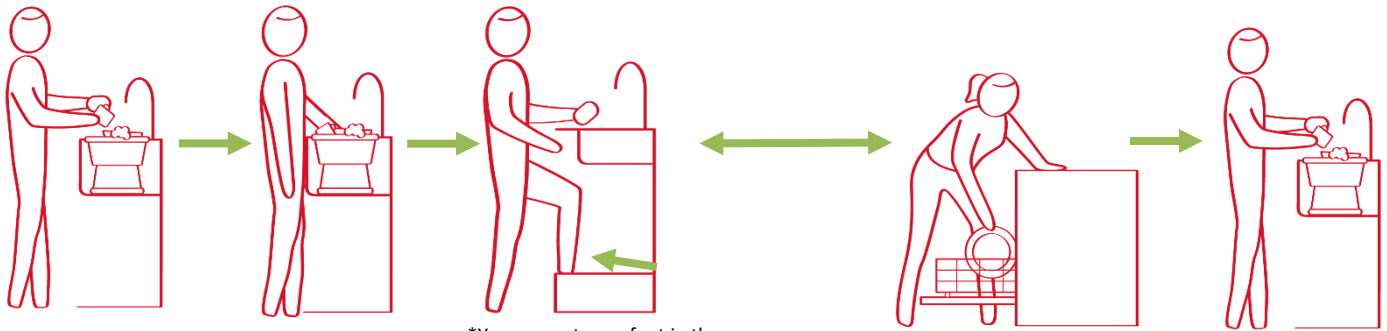
Place an upside-down bowl or a drying rack on its feet in the sink to place a wash bowl at the right elevation. This is secure and handy for washing small items (cutlery, bowls, cups,...)



## Measure out or alternate:

In posture

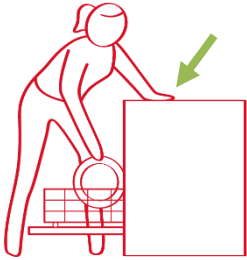
and in the task



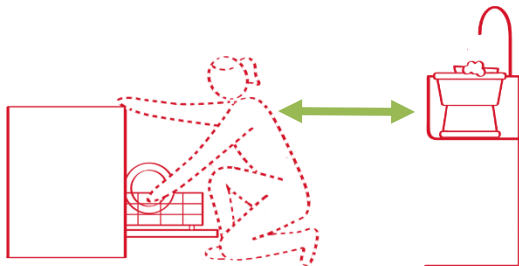
\*You can put your foot in the cupboard.

Select support points

Place your feet and bend your legs slightly.

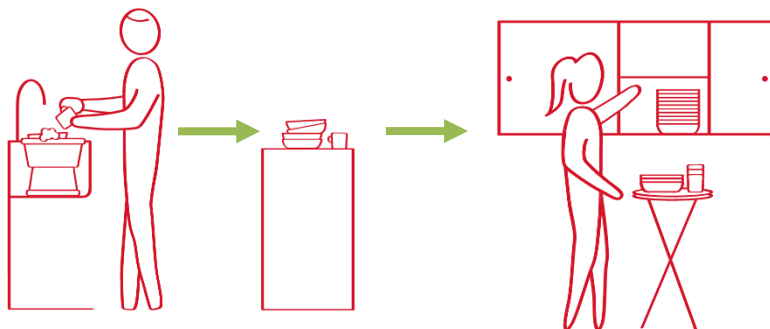


Check if there is enough room to manoeuvre and place everything.



## Loading and unloading the dishwasher:

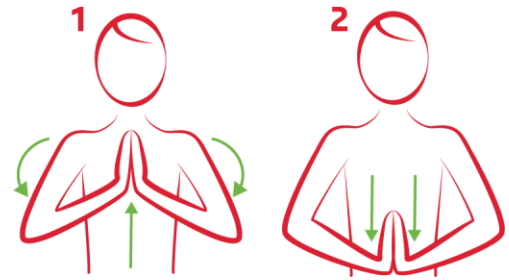
Distribute the task. Place first everything on the kitchen counter to sort, so that you can then place everything in the right cupboard.



# Stretching exercises

## Wrist stretch

1. Place your palms against each other.
2. Bring your palms downward, maintaining contact.



## Sideways stretch exercise (torso)

1. Stretch both arms in the air and bend sideways.
2. Place a hand on your side while you bend.

