

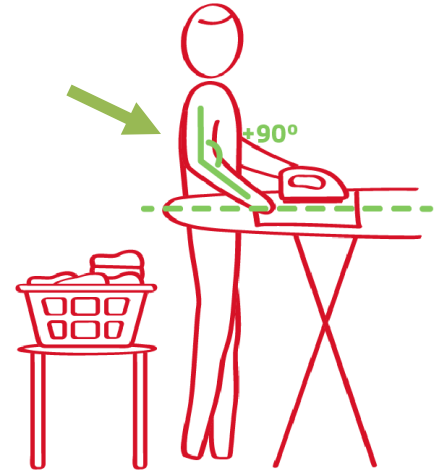


IRONING LINEN GOODS

Your working height is very important when ironing. Here you need to pay attention both to the iron and the adjustable-height ironing board.

Ideally, you measure working height with the iron in your hand.

- Place the ironing board between your hip and elbow height.
- Pick up the iron in your hand and place it on the ironing board
- Your elbow forms an angle of greater than 90°



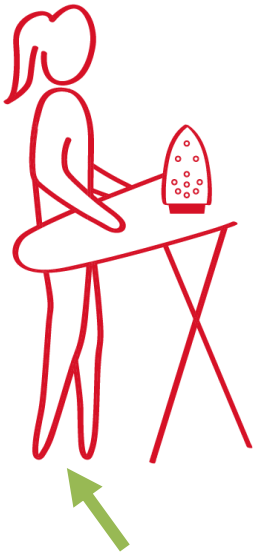
Quick check:

- Is the ironing board at the right height?
- Is the iron in the right place?
- Is the laundry basket at a convenient height?
- Is it possible to put things away at the convenient height?

Tips:

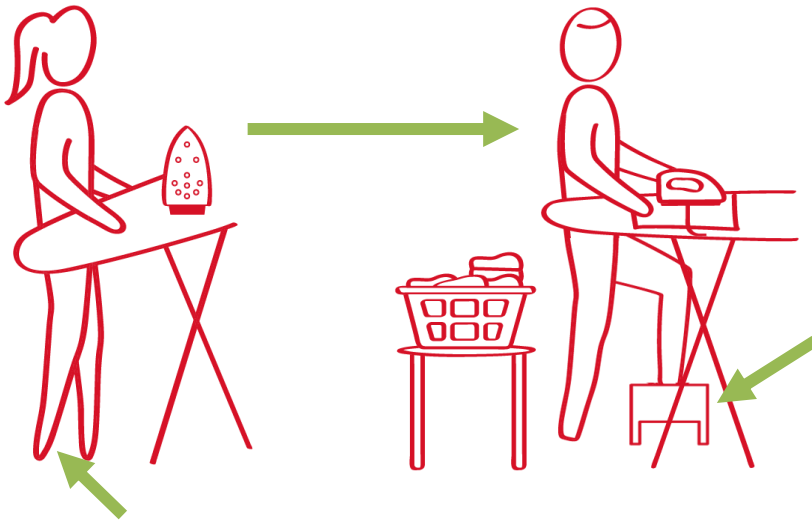
Work from your legs:

Shift your weight from one leg to the other to interrupt your standing position.



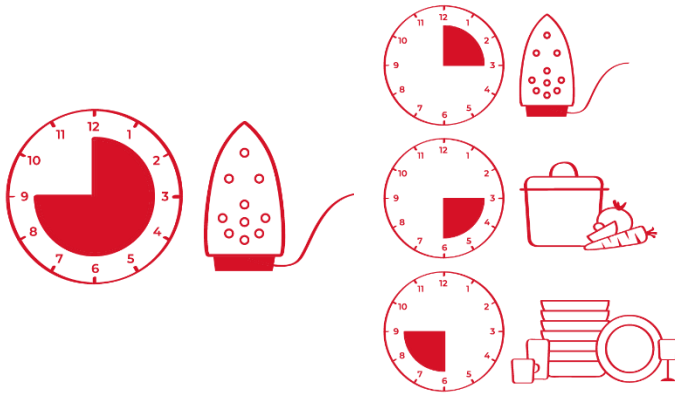
Spread stance:

Vary your posture (step stool).



Alternate between different tasks/postures:

e.g. iron while standing – make skirting proper (crouch) – peel vegetables (sitting)



Place the laundry basket at the same height as that of a chair:

- Not too high e.g. such as on the table;
- The top edge of the laundry basket below elbow height;
- Place the finished ironing at a convenient height.



Interrupt your standing position:

To interrupt your standing position, you can place the laundry basket a bit further away from you. You always have to do this with small stools or tables.



Ironing in sitting position:

This position is rather an option for alternating in posture during long periods of ironing:

- Make sure you have a sufficiently high stool;
- Adjust the ironing board's height if needed;
- Make sure that the material is placed close to you so that you don't have to reach very far;
- When you iron in sitting position, you should iron smaller items like hand towels, hand kerchiefs, ...



Stretching exercises

Shoulder stretch

- Bring your hand toward the opposite shoulder.
- Bring your elbow close to your body.
- Keep your shoulder low.



Loosening your wrists:

- Make a figure-8-motion with your wrists.

