Ergonomics in the Kitchen for Living In Place

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Case Study in Kitchen Design

Ergonomics

Ergonomic Design Solutions To Fit Clients’ Profiles.
1963 Ergonomic Design Applications

✓ Ovens side by side
✓ Elevated Dishwasher
✓ Lateral Surface Cooking Units
✓ Refrigerator with Freezer on bottom
✓ Cabinets elevated off the floor
Case Study
Client With Scoliosis, Limited Reach Capability & Curved Spine

Lessen Body Stress/Design to Improve Posture
Establish the Ergonomic Profile of Client

✓ Height when standing
✓ Line of Sight
✓ Distance from floor to elbow
✓ Upward reach
✓ Outward reach
✓ Reach without bending down
✓ Mobility/Flexibility
✓ Physical characteristics

Courtesy: MaryFisherDesigns
Kitchen Design Criteria

• Home is part of the historic district of city….regulations apply
• Combine 4 small rooms to form cooking, eating, sitting and office space
• Cannot add space to outside elevations of the house
VIEW TO AND FROM OFFICE

Courtesy: MaryFisherDesigns

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Kitchen Design Criteria

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Case Study
Cancer Client
Cancer Survivor
Resume Normal Activities
Elevated dishwasher lessens stress to the back and neck, better posture achieved.
Elevate Appliances to Fit the Ergonomic Profile of the Client...Light the Way
Case Study
Cook Heights – 5’-5”/6’-9”
Back Injury, Knee Replaced & Congestive Heart Failure

Address physical differences of cooks
Space Planning
Ergonomically
Better Access
Elevated Appliances
Varied Counter Heights
Case Study
Active Octogenarian

Body Changes Due to Too Many Birthdays
Promote Good Posture

Courtesy: MaryFisherDesigns
Easily Access Hidden Space

Electronic Lift

LED Lighting Maintained

Courtesy: MaryFisherDesigns

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Questions?

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