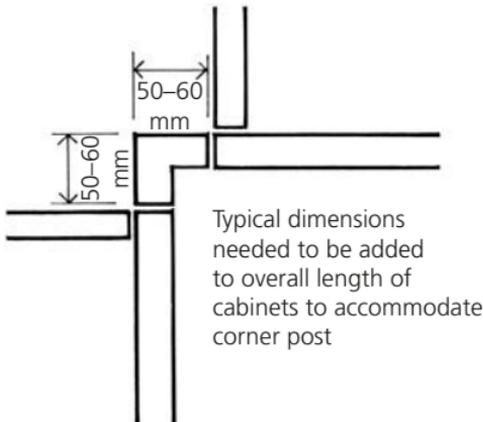
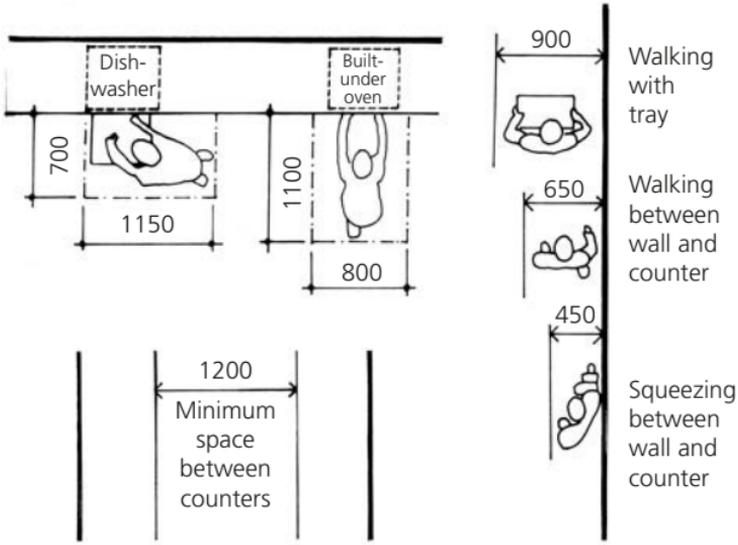


Ergonomics

The dictionary definition of *ergonomics* is defined as 'the study of man in relation to the environment and the adaptation of machines and general conditions to fit individuals, so that they may work to maximum efficiency'. Nowhere is this more applicable than in the kitchen.



Key dimensions on plan

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Allow a minimum of 1200 mm between parallel countertops. This is needed for two people to pass one another and for access when kneeling down to base cupboards and under-counter appliances.

See the diagram for the minimum dimensions for space in front of low level ovens and dishwashers.

The minimum clear doorway dimension for carrying a tray so as not to graze knuckles is 850 mm, ideally 900 mm.

Minimum space for walking between a counter and a vertical surface is 650 mm. Squeezing between the two is 450 mm.

Key vertical dimensions

The height of cupboards, drawers and shelves should be set at levels to minimise bending down or stretching up too far. Heights between +750 mm and +1550 mm are comfortable to reach.

The maximum upward reach (for a woman) when standing in front of a counter to access shelves is +1950 mm increasing to +2000 where there is no worktop.

Average eye level for men and women is 1567 mm.