

IN THE KITCHEN

Chopping, cutting, squeezing and carrying can be some of the most difficult tasks for people with RSI. Here are a few tools to make these tasks easier.

CHOPPING AND CUTTING

Firstly, a nifty Italian chopping tool called a **mezzaluna**, meaning "half-moon" in Italian, because of its shape. Its big advantage is the ability to use it with two hands and the easy rocking motion when you cut. You can buy one with a specially shaped cutting board with a circular depression in it; these are useful, but not really necessary. They're great for cutting up onions, herbs, and carrots or celery. By the way, don't buy a mezzaluna with two blades — they're much harder to use.

Another good cutting option in the kitchen are **spring-loaded scissors**. These can be used, as in the adjoining picture, for cutting up herbs but they're also useful for cutting up sliced meats into small pieces.

The **Stirex U-knife** makes cutting easier by enabling a power grip. There are a range of these knives designed for different purposes. They're usually quite expensive, but our members find them very helpful.



Mezzaluna



Spring-loaded scissors



Stirex U-knife

SQUEEZING CITRUS FRUITS

This **citrus press** eliminates the twisting wrist movement that makes a normal juicer so difficult to use for people with RSI. You can use one or both hands to press the lever down and extract the maximum amount of juice from any citrus fruit. They're usually quite expensive (over \$100) but they last forever.

KETTLES

Have difficulty carrying a kettle full of water? This **kettle-tipper** makes this job easy and also removes the danger of spilling hot water. This one was home-made, but you can find commercial ones through the Independent Living Centre. TADACT (Technical Aid to the Disabled) could also make one for you.



Citrus Press



Kettle-tipper



Anti-slip mat

ANTI-SLIP MAT

To keep saucepans and bowls steady while you stir, sticky mats can be very useful.

Having the right kind of handle on your fridge, drawers, cupboards and taps can make a big difference in the kitchen; have a look at our Helping Hand sheet on Handles.

IN THE KITCHEN

Design is also a big factor in reducing work in the kitchen. Here are some useful features one member has in her kitchen:

Low open shelves for often-used items

The stove and the sink in the same bench line, so that heavy saucepans can be slid along the bench rather than carried and there is much less danger of spillage

Wide benches with space for storage at the back



The dishwasher located just opposite the crockery cupboard and next to the cutlery drawers for easy unloading



Kitchen cabinet handles that are wide and easy to grip

Photos: Guy Reeves & Vera Urban



**RSI & Overuse Injury Association
of the ACT, Inc.**
Room 2.08, Griffin Centre
20 Genge Street
Canberra City
ACT, 2601

BECOME A MEMBER AT WWW.RSI.ORG.AU

Low Income	\$10
Standard Income	\$20
2 Year Offer	\$30
Organisation	\$60

Phone: (02) 6262 5011

Email: admin@rsi.org.au