

In the Laundry

Washing and ironing can be very difficult for people who have RSI. As always, one strategy is to avoid both jobs as much as possible. Making a habit of wearing an apron when you are cooking and gardening can cut down on washing; choosing knits as much as possible can minimise ironing.

Washing Clothes

Though some of us manage to avoid ironing completely, you obviously cannot escape washing. When you are choosing a washing machine, choose one that has a very high speed spin cycle. This will mean that the maximum amount of water has been removed and the washing will be much lighter to carry and quicker to dry. However, it may well be more creased!

To minimise crumpling, you need to deal with washing as soon as it comes out of the machine. Some people like to fold washing immediately and leave it for a while before hanging, to cut down on ironing.

Drying Clothes

When drying clothes, lots of people like to use a clothes horse indoors or outdoors. If you prefer to hang items on the line, a laundry trolley is useful to get the washing outside. Have lines installed at the right height for you, which is likely to be lower than normal. Some people even have them as low as waist height.



Mega pegs

Mega pegs are thick, smooth plastic dolly 'pegs'. They are excellent for people with RSI as you just need to simply push them onto the line. While they are quite expensive, they are very well-made and will last for many years. Mega pegs cost \$10 for 12 pegs and are available online at fabriccare.com.au

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Ezyline is a washing line that can be easily attached to an outdoor line or shower rail. It's a good choice for people with RSI. Both hands can be used for handling the clothes as you fit them into the slots on the line—no pegs needed! It is also exceptionally easy to slide items off; you can remove a whole line of clothing with just one sweep. Each line has around 20 slots. The lines are made in Australia and are very good quality, lasting a long time. Each line costs \$15 and shops that stock Ezyline in your area can be found online at ezyline.com.au, or, alternatively, you can purchase online at the same website.

When ironing, experiment with different heights for the ironing board to minimise strain on your arms and shoulders. The Fabric Care Company's Mini Steam/Dry Iron has an ergonomically designed handle and is small and very light, weighing only 420 grams. The mini iron costs \$69.95 and can be purchased online at fabriccare.com.au



Ezyline washing line

Travel irons are small and light, making them easier to use than a normal iron. The **Sunbeam Pro Travel Iron** is compact and weighs less than 1 kg. It costs \$32.95 and can be purchased from Harvey Norman, in store or online.

Some members like to sticky tape over the voltage switch on travel irons, as you will ruin the iron if you accidentally trigger it



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