

You're pulling out drawers, opening cabinets and the fridge, going through doors and filling the kettle many times a day — and each time you're using a handle. Good design here can make a big difference to your RSI symptoms. You're looking for handles that can be gripped easily by one or both hands, or sometimes operated with an elbow or forearm.

Doors

A push-down lever handle is the most flexible for doors. You can easily use your elbow or arm when your hands are sore or otherwise occupied. For cabinets, fridges and drawers, look for a D-handle. A long one is excellent, as you can use both hands to reduce the load on each arm to increase your pulling power.



Push down door handle



Long D-handle on drawer

Appliances

For kettles, again look for something where you can use both hands and get a really good grip. A thick handle on top works well. For fridges, look for something close to a D-handle where you can use either hand. Avoid handles that require you to crook your fingers.

Handles



Thick handle kettle



Avoid handles that require crooked fingers

Drawers

Avoid opening mechanisms where you have to crook your fingers into a tiny gap as this is hard on the hands and fingers, and you can't use the full strength of your upper arm and shoulder.



Avoid drawer handles that require crooked fingers

Taps

For most people with RSI, lever taps are the easiest to use. However, if you prefer an old fashioned tap, choose the styles below with a tick; taps with a cross are examples of shapes which give you a poor grip.



RSI & Overuse Injury Association of the ACT, Inc.
Building 1, Collett Pl,
Pearce
ACT 2607

Become a member at www.rsi.org.au

Phone: +61 459 906 204

Find us online...

Facebook: [@RSIACT](https://www.facebook.com/RSIACT)

Youtube: [RSIACT](https://www.youtube.com/RSIACT)