

Kitchen checklist

Answer **yes** or **no**

	yes	no	if 'no' needs action
1. Can you easily reach kitchen items you use regularly without climbing, bending or losing your balance?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Is there good lighting over bench tops and other work areas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you mop up spills straight away?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Is there good ventilation to reduce the risk of glasses fogging?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Suggestions

- Arrange your kitchen so the most frequently used are easy to reach. Heavy items should be stored lower down
- A kitchen trolley allows you to transport more item easily and safely
- Clean up spills as soon as they occur
- Range hoods, vents or exhaust fans can be installed to provide better ventilation when cooking
- If possible install a wall oven in preference to a low oven
- Use a broad based, sturdy and secure stepladder with slip-resistant feet if it is absolutely necessary to reach high places

