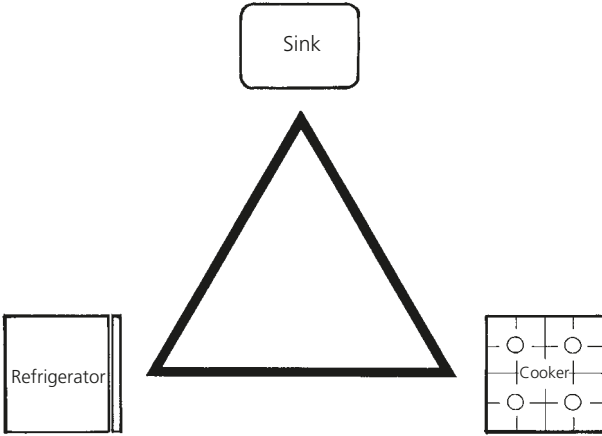


The work triangle

From the work sequences described above, it will be seen that there are three activities which relate to three main appliances – the refrigerator, the sink and the cooker. The relationship of these three fittings is commonly referred to as the *work triangle*.

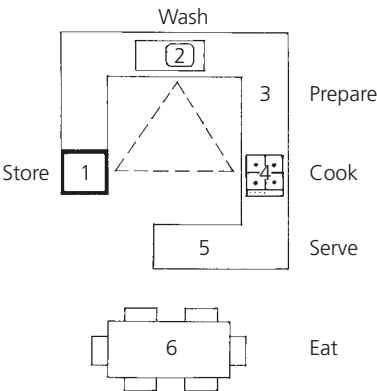


Kitchen triangle

Optimum length between 3.6 m and 6.6 m.

Less than 3.6 m means worktop length too short.

More than 6.6 m is time consuming and hard on the feet



Plan demonstrating work sequence and kitchen triangle

The total length of the three sides of this triangle, measured from the centre front of each appliance, should not be less than 3.5 m or more than 6.5 m long. If the distance is shorter, then the work surface will be insufficient. If the distance is longer, then too much walking will be involved, making the whole process slow and exhausting.

Avoid circulation through the triangle – especially between the sink and cooker. These should be connected with a continuous worktop not longer than 1.8 m so as to limit the distance of carrying heavy pots, filled with liquid, between the two.

From this will be seen that the small, relatively compact, kitchen is easier to work in than the traditional large farmhouse kitchen. It is also evident that the 'U'-shaped plan satisfies these requirements best where the cook, centrally placed, can swivel round with very little movement between the three appliances, with continuous worktops uninterrupted by circulation routes or tall cupboards.

Where circulation does have to divide the kitchen, as in a two-sided or *galley* kitchen, then the sink and cooker should be kept to the same side.

The island kitchen, much loved by futuristic designers, often full of gleaming state-of-the-art gadgets, is the least satisfactory arrangement as it entails an excessive amount of walking, needs a large area of circulation space all round and has an insufficient amount of work surface and storage space.

Never interrupt the triangle with tall units.
Group tall units together at the end of a worktop run.