

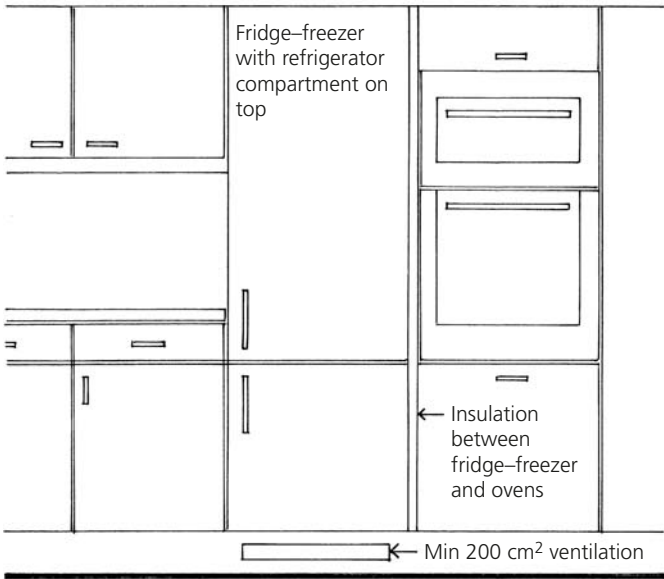
Refrigerators and freezers

Refrigerators, which form the third part of the kitchen triangle and are therefore frequently used, are more comfortable when positioned at waist-height in a tall unit if space will allow.

Freezers are used far less frequently so, when a combination fridge/freezer is used, choose one with the refrigerator compartment on top for easier access.

Where a refrigerator or freezer is placed next to an oven provide good insulation between the two to prevent scorching and to prevent the fridge working overtime.

See pp. 125–134 for details of refrigerators and freezers.



Insulation & ventilation for refrigerators & freezers

4

Kitchens for the disabled

The ambulant disabled kitchen

About 11% of the UK population is ambulant disabled. Most of these are over 50 years old and have difficulty in moving and bending down. Many are infirm and therefore need a kitchen that is well planned for their needs and to prevent accidents happening.

Planning

It is generally easier if the dining table is within the cooking area to reduce the amount of walking. If possible, provide space also for an easy chair for relaxation.

Floors should be finished with non-slip but easy to clean materials. Avoid loose mats, steps and uneven surfaces.

Skirtings with coved corner are easier to keep clean than right-angled internal corners.

Plan the sink, preparation area and cooker in one unbroken sequence. The countertop may need to be lower than the standard +900 mm, but be aware that this may inhibit the use of under-counter appliances.

Windows, particularly behind counters, should be easy to open and clean. Remote control winding gear, espagnolette bolts, pulleys and drop rods all help with stiff and inaccessible windows.

Doors should be fitted with lever handles for those with arthritic hands.