

5. Remove flammable items from stove tops, counter tops and storage areas above the stove
6. Never leave the stove unattended while cooking
7. While cooking, use moderate temperatures and turn the burner off if you need to check the position of the vessel
8. Mark the burner knob to identify high, medium and Sim flame using large print or raised dots and stickers
9. Use a wooden stick or heat proof potholder to locate hot vessels on the gas
10. Position the handles of pots and pans so that they do not extend over the front or side edges of the stove or over another burner
11. Don't lean on the stove or over the burners while you are cooking
12. Keep all required utensils and ingredients in order before lighting the stove. After using the necessary ingredients keep it on the opposite side to avoid confusion

Lighting and Contrast

Use contrasting coloured containers and kitchen utensils where possible (eg storing sugar in a blue container, using a white mug for serving coffee and a black mug for



milk, using plates with plain centres and contrasting banding on the edges).



Use contrasting colours for the cutting board to cut light and dark coloured vegetables.



Fix a light above the stove level and under wall cupboards for good focus.

Use contrasting tape on the edges of cabinets and doors/windows to be sure of their position.

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Kitchen Management Skills for Persons with Visual Impairment



 World Health Organization
Collaborating Centre for
Prevention of Blindness



L V Prasad Eye Institute
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The quality of vision is an integral part of the quality of life. Impairment in vision causes difficulties with everyday living, hampering activities previously taken for granted, including kitchen management skills. Listed below are simple modifications and techniques recommended for persons with impaired vision to be able to independently manage their kitchens:

Organising and finding things easily



Efficient storage and organization systems will make the work simple and also conserve energy.

1. Store frequently used items such as pots, pans and utensils close to the work area or surface
2. Place required materials between the eye level and hip height to avoid unnecessary bending, reaching and lifting
3. Store heavier items on counter tops or within easy reach whenever possible to avoid lifting them
4. Remove clutter by eliminating infrequently used items from the work area
5. Protect work surfaces before you begin a session of chopping or baking by spreading a newspaper over the counter
6. Move all equipment and material to the designated storage area once the cooking is done

There are many different ways to identify items in your kitchen:

By weight:

The weight of the filled item will give you an idea about the contents of the container.

By location or placement:

This involves grouping similar items together such as fruits or vegetables, placing frequently used items towards the front of shelves and cabinets, and storing ingredients in alphabetical order.



By sound:

Use auditory cues to differentiate between items that have the same size, shape and weight.

By labelling:

Place tactile marks such as rubber band, elevated stickers around a container to distinguish between different ingredients. Use a black wide-tip marker or a felt-tip pen to write in large, bold letters on plain white index cards.



General safety in the kitchen

1. Store knives and other sharp material in a safe place
2. Close cabinet doors and drawers immediately after use
3. Clean up spills and breakages immediately
4. Tie long hair back and make sure that your clothing is not flammable or loose-fitting. It is always better to use cotton clothes

