

Suggestions for Energy Conservation

Meal Preparation:

- Assemble all ingredients before you start.
- Use mixes or pre-packaged food.
- Use cookware you can serve from.
- Use smaller appliances (mixer, toaster, oven, microwave, etc.)
- Use electric knife and can-opener.
- Use ergonomically designed utensils.
- Transport items on a rolling cart.
- Store frequently used items at chest level to avoid bending and stretching.
- Line oven and burner drip pans with foil.
- Sit while preparing food.
- Rest elbows on the table or counter.
- Let dishes soak instead of scrubbing.
- Use a dishwasher.
- Let dishes air dry.
- Use a jar opener.
- Use a rubber mat or wet towel under mixing bowls to help steady them while stirring or mixing.
- Don't lift heavy pans off the stove; ladle the food out at the stove.
- Use mitten potholders to take advantage of the entire hand to lift.
- Use place mats instead of tablecloths; they are easier to place on the table and easier to clean.
- Use lightweight utensils.
- Prepare double portions and freeze half for later.
- Leave heavy containers where they can be used without lifting (counter tops, etc.)
- Drag garbage bags instead of lifting (or use a wheeled can).



Childcare:

- Plan activities around the table or in the room to allow sitting.
- Instead of going to the zoo, go somewhere you can sit or lie down.
- Delegate some childcare responsibilities if possible.....



- Teach small children to climb onto your lap rather than picking them up.
- Teach children to make a game out of some household chores.

Bathing:

- Wash hair in shower, not while leaning over the sink.
- Sit to dry off.
- Use a terry robe instead of drying off with a towel.
- Use a shower bench or lawn chair to sit while showering.
- Use a shower organizer over the shower head to avoid leaning and reaching.
- Use safety strips on the floor of the tub.
- Install a grab rail.
- Use a hand-held shower while sitting.
- Use moderate temperature instead of hot water.
- Use a long-handled sponge or brush to reach feet and back.



Grooming/Hygiene:

- Sit.
- Don't lean forward unsupported.
- Rest elbows on counter or dressing table.
- Use long-handled combs or brushes to avoid holding arms overhead.
- Use an elevated commode seat.



Suggestions for Energy Conservation

Dressing:

- Loose fitting clothing allows easier breathing.
- Plan outfits early to avoid rushing to dress.
- Lay out clothes before starting to avoid extra steps.
- Sit while bringing foot to knee when applying shoes and socks to avoid leaning over.
- Wear slip-on shoes.
- Use a long-handled shoehorn and a sock aid.
- Fasten bra in front, then turn it to the back.
- Wear front-button shirts instead of pullovers.
- Use a reacher and/or dressing stick.



Mobility:

- Wear low-heeled shoes with a shock-absorbent sole or insole.
- Use a wheelchair for long trips.
- Maintain good posture while driving.
- Use cruise control if possible.
- Install handrails.
- Install ramps.
- Place chairs strategically to allow rest stops (e.g., along a long hallway).
- Disconnect automatic door-closing mechanisms.



Laundry:

- Use a laundry cart with wheels.
- Use an automatic washer and dryer.
- Sit to transfer clothes to the dryer if possible.
- Use commercial pre-wash instead of scrubbing.
- Wash bras and socks in a lingerie bag instead of hand-washing.
- Drain hand-washables and press water out instead of wringing.
- Sit to iron, and adjust board height.
- Use a lightweight iron with a spray attachment.
- Slide iron onto a heat resistant pad between uses to minimize lifting.
- Hang clothes on doorknob instead of the top of the door.
- Wear clothes that do not need ironing.



Housekeeping:

- Spread tasks out over the week.
- Do a little bit each day.
- Delegate heavy work.
- Hire help.
- Use a wheeled cart, carryall, or carpenter's apron to carry supplies.
- Do whatever you can do sitting.
- Use long handled dusters, mops, etc.
- Use a long-handled dustpan.

