

Hazard: Position and Operability of Amenities

Identity of Hazard(s): This includes the threat to health from physical strain associated with functional space and other features at the dwelling. For example, strain can result from awkward positioning of windows, difficult to operate window catches, inadequate functional space such as low headroom, inadequate space around bathroom or kitchen facilities, or inappropriate siting of facilities.¹

Primary Health Outcome(s): Strain and sprain injuries¹

Health Alert! Strain and sprain injuries are the obvious injuries resulting from poor ergonomics. However, this hazard can lead to other injuries where a person is forced to stretch or lean awkwardly to reach a handle, catch or switch. This may include fall injuries.¹

Gain Control: Actions You Can Take¹

- The layout of the dwelling and in particular the kitchen and bathroom should be such as to make use convenient and easy, as well as safe, and should facilitate cleaning.
 - Sinks, countertops, toilets, baths and showers should be located at an appropriate height, and with enough space to be used without strain. Light switches should be located close to door openings and at each end of stairs and halls and at a reasonable height. Outlets should be conveniently located. Door handles should be at a reasonable height and window catches should be able to be used without strain. Cupboards and shelves should be located where they can be easily reached, but without risk of collision.
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Local Resources for Detroit Residents:

- CLEARCorps Detroit: (313) 924-4000
- Young Detroit Builders: (313) 964-2763

¹http://portal.hud.gov/hudportal/documents/huddoc?id=operating_guidance_hhrs_v1.pdf