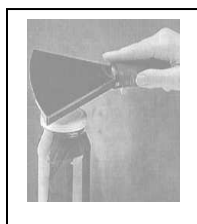


Opening Jars and Bottles

A variety of equipment is available to assist people who have difficulty opening jars and bottles. People with hand weakness, pain or stiffness, or those with the use of one hand only, are often able to open jars and bottles using equipment made to work around these limitations.



GENERAL HINTS

- Put the lid under hot water before attempting to open it.
- Tap the lid gently on the bench top with a knife handle before attempting to open it.
- Use a device designed to release the vacuum seal on the jar.
- A jar can be stabilized for opening by putting it in an open drawer and leaning against the drawer.
- Consider using alternative containers you find easier to open to store the contents of the jar.
- Use one of the following types of jar/bottle opener:
Many jar openers operate on the principle of improved hand grip on the lid. A piece of sandpaper or non-slip matting can also be used for this job. These methods need strong downward pressure and may not open all jars.
- Wall or under shelf mounted jar openers allow the use of both hands to open jars. When installing, allow plenty of space around the device to hold and turn a jar.
- Lever-type openers reduce the force required to open the jar and the subsequent strain on hand and wrist joints.

USING ONE HAND

- Use a jar opener and stabilise the jar by holding it between your knees, wedging it in a drawer, or using a no-slip mat. If these don't work, try a Belliclamp where you push your stomach against a chock which holds the jar in place.
- If a jar is stabilized sufficiently and if the grip strength in the recommended hand is good, a device may not be needed to open the jar.

NEED TO KNOW MORE?

Telephone, fax or e-mail your enquiry to obtain further information from one of the therapists about products. Alternatively, you can make an appointment to trial the equipment at our display centres or through our outreach service. Please phone LifeTec for further details.

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