

# Health And Well-Being

## Kitchen Design with Health and Ergonomics in Mind

(NAPS)—Whether you're among the 50 million Americans over 65 (90 percent of whom hope to continue to age at home), the 60 percent of families with children at home, have other ability issues or safety concerns or think you could someday, incorporating ergonomic elements that promote a seamless experience in the kitchen can make it a more comfortable place for everyone for many years to come.

### Smart Sinks

Given the amount of time spent in front of the sink, selecting one that considers your lifestyle and how you cook should be a priority. Details such as the durability and hygienic qualities of a sink's material along with its style and size can impact efficiency and comfort.

For example, the latest sink from BLANCO, a manufacturer of finely crafted sinks, is designed to enhance workflow and accommodate all users. A first of its kind, the IKON® 33" Apron 1¾ Bowl with Low Divide sink is made with the brand's exclusive SILGRANIT granite composite material. Easy to clean and scratch resistant, patented SILGRANIT material is a repellent, nonporous surface that eliminates the need to use harsh chemicals when cleaning.

The IKON sink also has a convenient low divide that sits just 5½" from the sink bottom, making it easier to handle large pots and baking sheets while still dividing the sink into cleaning and prepping bowls. The apron front or farmhouse design, minimizes the need to lean over as much and so helps reduce strain.

Optional accessories further enhance comfort and workflow. A floating grid provides an extra level within the sink so handling hot and heavy pots can be safer and easier. A Floating Cutting Board that fits right on top of the sink instantly creates another workspace beyond the countertop.



**A well-designed sink can enhance the workflow.**

### Faucets

Semi-professional and pull-down faucet models help make clean-up more efficient with their easy-to-manuever design and powerful dual spray features. To make washing hands, food and dishes easier, consider a faucet with sensor technology such as the BLANCO SOLENTA™ Senso Semi-Professional Kitchen Faucet that lets you turn on the water with a wave of your hand. You don't have to touch the faucet with your hands to get them clean—or if they're full.

Other ways to enhance the ergonomics in your kitchen include:

- Use drawers instead of cabinets for storage so there's less reaching
- Install different countertop heights to accommodate various users
- Raise the height of the dishwasher and oven if you can
- Select nonporous counter materials like quartz that are easy to keep clean
- Use LED lights for more brightness from less energy and that are cool to the touch
- Consider an easy-to-clean induction cooking surface—it can reduce energy costs, too

### Learn More

For further facts about sinks and faucets that can make your kitchen safer, more efficient and even better looking, visit [blancoamerica.com](http://blancoamerica.com).