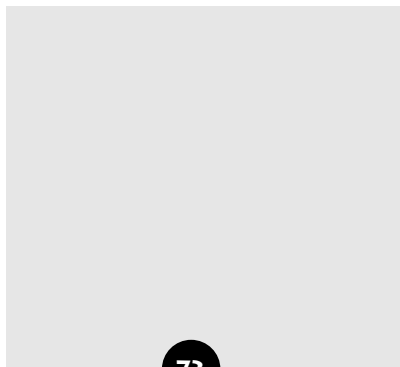


PRINCIPLE SIX: **Low Physical Effort**

**The design can be
used efficiently
and comfortably
and with a
minimum of
fatigue.**



principle six

LOW PHYSICAL EFFORT



6a1

Split, angled keyboard allows computer operator to maintain neutral position from elbow to fingers.



6a2

Sign at subway station platform is located at eye level for passengers seated on train.



6a3

Lever-type window latch can be operated without grip or manipulation.



Door lever can be operated with closed fist or elbow, unlike door knobs.



6a4

GUIDELINE 6A:

Allow user to maintain a neutral body position.

principle six

LOW PHYSICAL EFFORT

GUIDELINE 6B:

Use reasonable operating forces.

Kitchen food container with snap-seal requires only a gentle movement to open or close.



6b1

Water flow control in water park is easy for children to operate.



6b2

Electric power eliminates physical effort of opening garage door.



6b3

Oversized latch for microwave door requires minimal operating force.



6b4

principle six

LOW PHYSICAL EFFORT



6c1

Voice-recognition computer technology eliminates the need for highly repetitive keystrokes.



6c2

Troubleshooting hint card attached to equipment reduces repeated manipulation of instruction manuals.



6c3

1/4-turn cap on pain reliever medication bottle minimizes repeated twisting.

GUIDELINE 6C:

Minimize repetitive actions.

principle six

LOW PHYSICAL EFFORT

GUIDELINE 6D:

Minimize sustained physical effort.

Free-rolling casters greatly reduce the physical effort of traveling with carry-on luggage.



6d1

Garden hose nozzle with locking trigger minimizes sustained squeezing.



6d2



6d3

Pedestrian malls with places to rest allow shoppers to take a break whenever needed.



LOW PHYSICAL EFFORT

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- 6b1. J.L. Mueller, Inc., Chantilly, Virginia
- 6b2. Moore Iacafano Goltsman, Inc., Berkeley, California
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- 6b4. The Center for Universal Design, Raleigh, North Carolina

- 6c1. J.L. Mueller, Inc., Chantilly, Virginia
- 6c2. The Center for Universal Design, Raleigh, North Carolina
- 6c3. The Center for Universal Design, Raleigh, North Carolina

- 6d1. J.L. Mueller, Inc., Chantilly, Virginia
- 6d2. The Center for Universal Design, Raleigh, North Carolina
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