

PLAN...  
*Good flow in  
your kitchen will  
put everything  
you need to hand  
and make it  
a joy to use*

**E**rgonomics is the study and design of equipment that fits the human body and its cognitive abilities. Applied to kitchen layouts, it focuses on creating a smooth, intuitive passage through the space, as well as the most efficient and comfortable cooking environment. Worktops and cabinets are positioned to effortlessly suit the physicality of the user and the job in hand, provisions and utensils are stored where they're most frequently used, and sinks and appliances are located to encourage logical movement between tasks. Paying attention to sight lines, traffic flow and entry and exit points at the planning stage is paramount. 'More than 360 different operations occur in the kitchen each day so it's important to think carefully about how the room will be used in order to fully optimise the space,' says engineer-turned-interior designer Nicola Holden of Nicola Holden Designs. 'An ergonomically designed kitchen can save lots of time and energy, and generally make life easier.'

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