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Comfort Goals

Keeping demands within desirable limits of body function.

People have different ranges in human body movement, strength and capability. Some people are more flexible, others have reduced strength or grip and a large number are left handed in a world designed for right-handers.

When designing for the diverse range of human abilities, bio-mechanical data can be used to help inform the design of spaces, places, buildings and products so that they:

- Promote good body position such as providing height adjustable storage.
- Make operating forces as easy as possible to use, such as lever handles or sliding mechanisms on doors.
- Provide environmental supports that are easy to use, such as well-designed handrails on both sides of the stairs.



This kitchen tap has a lightweight flexible hose and raised controls, making it easier for people with decreased upper body strength to use.

