

LET THE KITCHEN WORK FOR YOU

The kitchen is one of the most important rooms in any home. Much of family life takes place there, and it is one of those spaces where it truly matters that everybody can participate in activities and food preparation on equal terms.

However, people living with physical disabilities may find an ordinary kitchen with fixed worktops and cupboard units difficult to negotiate, accessing them in a wheelchair being particularly challenging. In this situation, a height adjustable kitchen solution can make all the difference.

WHAT IS A HEIGHT ADJUSTABLE KITCHEN?

A height adjustable kitchen from Pressalit consists of lifting units for fitting to the walls, on which are mounted worktops or cupboards. The lifting units will carry up to 150 kg and can be fitted with most commercially available kitchen furniture and appliances.

In addition to the wall mounted lifting units, the range includes free-standing lifting units, and by combining them it is possible to build a kitchen with lifting solutions wherever they are required.

WHY CHOOSE A HEIGHT ADJUSTABLE KITCHEN?

Most of us know the challenge of not being able to reach something on the top shelf in a cupboard. Imagine not being able to reach to stir the pot on your stove without burning yourself, or to get a glass off even the lowest shelf of the cupboard above the worktop. This is the reality for many wheelchair users.

Fortunately, there are solutions to meet these challenges. A kitchen with a height adjustable worktop becomes accessible to a wheelchair user, one with a height adjustable hob or sink even more so. In such a kitchen a seated person will be able to sit at the worktop at an ergonomically correct working height. In addition to this, height adjustable cupboards will allow the seated person to open cupboards and reach the contents themselves.

A height adjustable kitchen improves the daily workflow in the kitchen. It allows everybody to participate in food preparation and cooking, increasing independence and increasing social interactions with the other occupants of the home.

ROOM FOR EVERYBODY - AT HOME AND IN HOMES

Pressalit INDIVO offers plenty of opportunity for every user. The INDIVO system is suitable for installation in private homes, as well as in settings with many disabled occupants. The ease of adjustment allows adaptation to individual needs at the push of a button, so both seated and standing users will be able to use the kitchen facilities to the best of their abilities.

This includes everybody in daily tasks and creates a community around mealtimes, leading to better quality of life for everybody.

MANUAL OR ELECTRIC ADJUSTMENT?

The INDIVO kitchen offers two different types of adjustment: either electrically powered or manual. In the case of electrical adjustment, all the lifters are adjusted by pressing a button in the worktop fascia, or buttons on a wired hand control. Each button controls a worktop or cupboard lifter, allowing easy adjustment up or down to the correct height and back again. In the manual version, operation is by crank handle, allowing the winding up or down of the worktop. Cupboard lifters are only available for electrical operation.

A kitchen with electrically powered height adjustment is ideal for situations with several users with varying needs. This makes it suitable for private homes with seated and standing users, as well as for nursing homes, teaching kitchens and similar facilities.

A kitchen with manual height adjustment of the worktop is suitable for a kitchen where the height is set for long periods at a time and will rarely need adjusting. This might be in a private home or in sheltered housing where only one person uses the kitchen and the height will only need changing when that person's needs change or a new occupant moves into the home.

PRESSALIT®

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WORTH KEEPING IN MIND WHEN YOU DESIGN YOUR KITCHEN

All people have different needs, and if you have a physical limitation, it is important that your surroundings adjust to you, - not the other way around. This is more easily achieved by having the right assistive aids to make the kitchen more accessible so everybody can participate in meal preparation and other activities in the kitchen.

There are many things to consider when attempting to ensure the best possible layout of a kitchen – even more so when it needs to accommodate both seated and standing users. The means of operation should be chosen carefully to suit the users' abilities, be they partially sighted, with limited motor skills or cognitively challenged.

The first thing to ensure is space for a turning circle in the kitchen, so there is room for a wheelchair to manoeuvre. As a guide, allow for turning circles between 140 cm and 210 cm for a wheelchair although some equipment may need more space.

Remember that you can always ask Pressalit for advice on the layout of your kitchen, so you are certain to get the best possible solution for any specific needs.

- 1 Drawers offer their contents up much more readily than shelves behind cupboard doors.
- Worktops can be fitted to lifting units so the height of them can be adjusted as and when required. Pressalit INDIVO lifting units travel 300 mm as standard, but can be made with less or more travel to order. This height adjustment applies to worktops whether or not they have sinks and/or hobs built into them.
- 3 Safety first. With Pressalit INDIVO lifting units you can have safety bars fitted to the underside of the fascia to avoid any risk of injury from crushing and anti-collision solutions that protect the things you keep under the worktop.
- Cupboards fitted to a cupboard lifting unit can be adjusted down and forward to bring the contents within easy reach of any kitchen users. It is important that a safety plate be fitted to the underside to protect people from injury and things from damage.
- The primary shelves in the fridge should be at a height that can be easily reached from a wheel chair, which usually means between 40 and 140 cm above the floor.

- 6 Place the dish washer in close proximity to the sink, and choose a model with height adjustable baskets if possible.
- Choose a shallow sink with a depth of no more than 10-11 cm. That will make it easier for a seated user to achieve an ergonomically correct position at the sink. And remember to make sure the underside of the sink is insulated against heat!
- 8 Fit the hob into a height adjustable worktop so seated users may reach the pots and pans comfortably. We recommend choosing an induction hob, but if one or more users are partially sighted, choose a hob with raised buttons/dials.
- Consider putting the microwave oven in a height adjustable cupboard that can lower it to meet the user.
- 10 Choose a cooker hood with remote control or with switches fitted within reach of the seated user.
- Make sure the oven is at a height suitable for the user. Ovens with side-opening doors or with slide and hide doors are often better for wheelchair users, as will be those with telescopic rack, for safer handling of hot dishes.



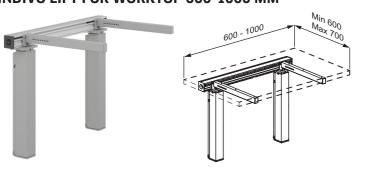
LIFTS FOR WORKTOP, WALLHUNG, ELECTRIC, WITH 2 LEGS

Maximum load 100 kg

LIFTS FOR WORKTOP, WALLHUNG, ELECTRIC, WITH 3 LEGS

Maximum load 150 kg

INDIVO LIFT FOR WORKTOP 600-1000 MM



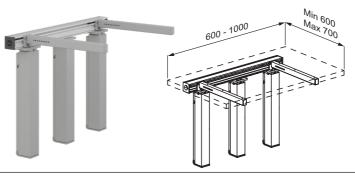
INDIVO lift for worktop, with two motors and control box. Incl. cross brace and two brackets.

Height adjustable up to 300 mm with switch or wired remote control. For worktop length 600-1000 mm.

Please indicate length and depth of worktop when ordering. Excl. mounting kit.

RK1210202 Grey (RAL 9006)

INDIVO LIFT FOR WORKTOP 600-1000 MM

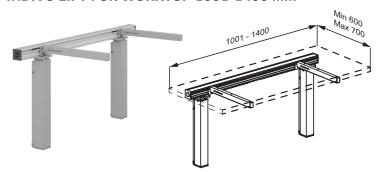


INDIVO lift for worktop, with three motors and control box. Incl. cross brace and two brackets. Height adjustable up to 300 mm with switch or wired remote control. For worktop length 600-1000 mm.

Please indicate length and depth of worktop when ordering. Excl. mounting kit.

RK1250202 Grey (RAL 9006)

INDIVO LIFT FOR WORKTOP 1001-1400 MM



INDIVO lift for worktop, with two motors and control box. Incl. cross brace and two brackets.

Height adjustable up to 300 mm with switch or wired remote control. For worktop length 1001-1400 mm.

Please indicate length and depth of worktop when ordering. Excl. mounting kit.

RK1211202 Grey (RAL 9006)

INDIVO LIFT FOR WORKTOP 1001-1400 MM



INDIVO lift for worktop, with three motors and control box. Incl. cross brace and two brackets. Height adjustable up to 300 mm with switch or wired remote control. For worktop length 1001-1400 mm.

Please indicate length and depth of worktop when ordering. Excl. mounting kit.

RK1251202 Grey (RAL 9006)

INDIVO LIFT FOR WORKTOP 1401-2000 MM



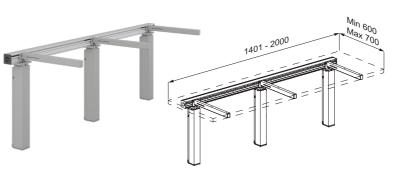
INDIVO lift for worktop, with two motors and control box. Incl. cross brace and three brackets.

Height adjustable up to 300 mm with switch or wired remote control. For worktop length 1401-2000 mm.

Please indicate length and depth of worktop when ordering. Excl. mounting kit.

RK1212202 Grey (RAL 9006)

INDIVO LIFT FOR WORKTOP 1401-2000 MM

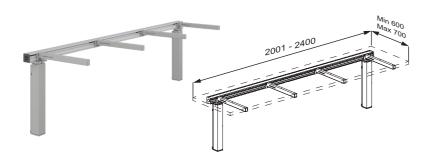


INDIVO lift for worktop, with three motors and control box. Incl. cross brace and three brackets. Height adjustable up to 300 mm with switch or wired remote control. For worktop length 1401-2000 mm.

Please indicate length and depth of worktop when ordering. Excl. mounting kit.

RK1252202 Grey (RAL 9006)

INDIVO LIFT FOR WORKTOP 1401-2000 MM



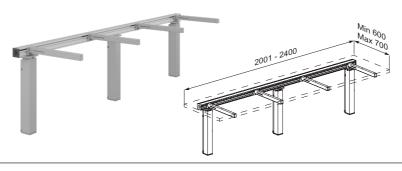
INDIVO lift for worktop, with two motors and control box. Incl. cross brace and three brackets.

Height adjustable up to 300 mm with switch or wired remote control. For worktop length 1401-2000 mm.

Please indicate length and depth of worktop when ordering. Excl. mounting kit.

RK1213202 Grey (RAL 9006)

INDIVO LIFT FOR WORKTOP 2001-2400 MM



INDIVO lift for worktop, with three motors and control box. Incl. cross brace and four brackets.

Height adjustable up to 300 mm with switch or wired

remote control. For worktop length 2001-2400 mm.

Please indicate length and depth of worktop when

RK1253202 Grey (RAL 9006)

ordering. Excl. mounting kit.

INDIVO LIFT FOR WORKTOP 2401-3000 MM



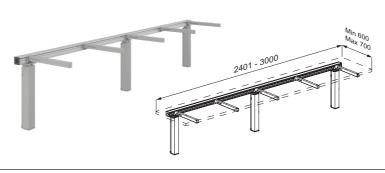
INDIVO lift for worktop, with two motors and control box. Incl. cross brace and five brackets.

Height adjustable up to 300 mm with switch or wired remote control. For worktop length 2401-3000 mm.

Please indicate length and depth of worktop when ordering. Excl. mounting kit.

RK1214202 Grey (RAL 9006)

INDIVO LIFT FOR WORKTOP 2401-3000 MM



INDIVO lift for worktop, with three motors and control box. Incl. cross brace and five brackets.

Height adjustable up to 300 mm with switch or wired remote control. For worktop length 2401-3000 mm.

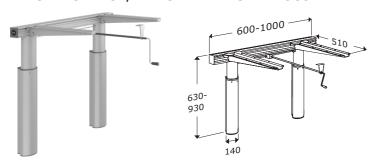
Please indicate length and depth of worktop when ordering. Excl. mounting kit.

RK1254202 Grey (RAL 9006)

LIFTS FOR WORKTOP, WALLHUNG, MANUAL

Maximum load 100 kg

LIFT FOR WORKTOP, MANUALLY HEIGHT ADJUSTABLE



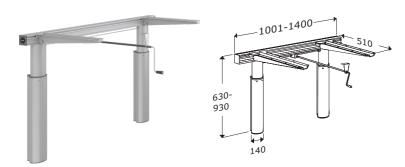
Manual lift for worktop.

Lift for worktop, with a crank handle Including 2 brackets Lengths from 600-1000 mm. Height adjustable 300 mm.

Incl. mounting kit for brick wall Please state desired length when ordering.

RK1110

LIFT FOR WORKTOP, MANUALLY HEIGHT ADJUSTABLE



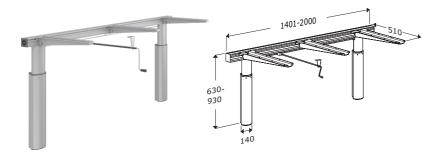
Manual lift for worktop.

Lift for worktop, with a crank handle Including 2 brackets Lengths from 1001-1400 mm. Height adjustable 300 mm.

Incl. mounting kit for brick wall Please state desired length when ordering.

RK1111

LIFT FOR WORKTOP, MANUALLY HEIGHT ADJUSTABLE



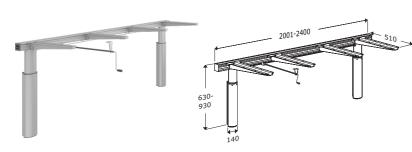
Manual lift for worktop.

Lift for worktop, with a crank handle Including 3 brackets Lengths from 1401-2000 mm. Height adjustable 300 mm.

Incl. mounting kit for brick wall Please state desired length when ordering

RK1112

LIFT FOR WORKTOP, MANUALLY HEIGHT ADJUSTABLE



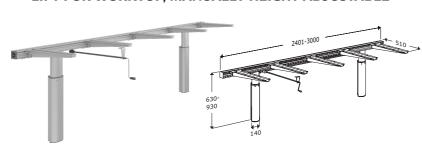
Manual lift for worktop.

Lift for worktop, with a crank handle Including 4 brackets Lengths from 2001-2400 mm. Height adjustable 300 mm.

Incl. mounting kit for brick wall. Please state desired length when ordering

RK1113

LIFT FOR WORKTOP, MANUALLY HEIGHT ADJUSTABLE



Manual lift for worktop. Lift for worktop, with a crank handle Including 5 brackets. Lengths from 2401-3000 mm. Height adjustable 300 mm.

RK1114

LIFTS FOR WORKTOP, FREE-STANDING, ELECTRIC

Maximum load 100 kg

LIFT FOR WORKTOP, ELECTRICALLY HEIGHT ADJUSTABLE



Electric lift for freestanding worktop. For worktops from 1400 - 2000 mm. Height adjustable 300 mm. Including 2 telescopic legs, longitudinal and cross braces and switch.

Pressalit recommends overhang of 200 mm at either end to allow ease of approach in wheel-chair. Please state desired length when ordering.

RK1081-92

LIFT FOR WORKTOP, ELECTRICALLY HEIGHT ADJUSTABLE



Electric lift for freestanding worktop. For worktops from 2001 - 2400 mm. Height adjustable 300 mm. Including 2 telescopic legs, brackets, longitudinal and cross bracesand switch.

Pressalit recommends overhang of 400 mm at either end of worktop to allow for ease of approach in wheel-chair. Please state desired length when ordering.

RK1082-92

LIFT FOR WORKTOP, ELECTRICALLY HEIGHT ADJUSTABLE



Electric lift for freestanding worktop. For worktops from 2401 - 3000 mm. Height adjustable 300 mm. Including 2 telescopic legs, brackets, longitudinal and cross bracesand switch.

Pressalit recommends overhang of 400 mm at either end of worktop to allow for ease of approach in wheel-chair. Pease state desired length when ordering.

RK1083-92

Maximum load 100 kg

LIFT FOR WORKTOP, MANUALLY HEIGHT ADJUSTABLE



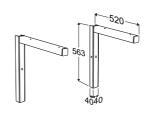
Manual lift for freestanding worktop. For worktops from 1400 - 2000 mm. Height adjustable 300 mm. Including 2 telescopic legs, longitudinal and cross braces and crank handle.

Pressalit recommends overhang of 200 mm at either end of worktop to allow for ease of approach in wheel-chair. Please state desired length when ordering.

RK1181

INDIVO BRACKET





Bracket for worktop Including 2 wall fittings and 2 carrying brackets. Height adjustable 250 mm.

RK1100

LIFT FOR WORKTOP, MANUALLY HEIGHT ADJUSTABLE



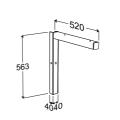
Manual lift for freestanding worktop. For worktops from 2001 - 2400 mm. Height adjustable 300 mm. Including 2 telescopic legs, brackets, longitudinal and cross bracesand crank handle.

Pressalit recommends overhang og 400 mm at either end of worktop to allow for ease of approach in wheel-chair. Please state desired length when ordering.

RK1182

INDIVO BRACKET





Bracket for worktop. Including 1 wall fitting and 1 carring bracket. Height adjustable 250 mm.

RK1101

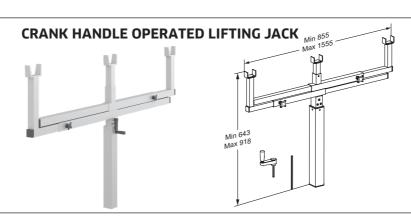
LIFT FOR WORKTOP, MANUALLY HEIGHT ADJUSTABLE



Manual lift for freestanding worktop. For worktops from 2401 - 3000 mm. Height adjustable 300 mm. Including 2 telescopic legs, brackets, longitudinal and cross bracesand crank handle.

Pressalit recommends overhang of 400 mm at either end of worktop to allow for ease of approach in wheel-chair. Please state desired length when ordering.

RK1183



Crank-operated raiser for fitting with brackets for worktop RK1100/RK1101.
Can adjust the height of the worktop with up to 250 mm.

RK1145

ACCESSORIES AND OPERATION FOR LIFTS FOR WORKTOP

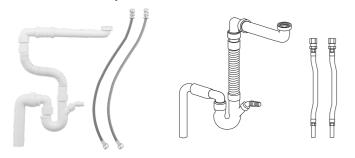
INDIVO REINFORCEMENT BRACKET



Reinforcement bracket. Extra bracket for reinforcing heavy worktops or worktops including sink or hob. Only for wall-mounted INDIVO lifts.

RK1340202

FLEXIBLE FEED/WASTE SYSTEM FOR INDIVO KITCHEN SOLUTIONS



Flexible feed/waste system for INDIVO kitchen solutions. Feed pipes: 500 mm, waste pipe: 250-700 mm, Ø40 mm.

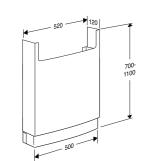
The flexible waste pipe is very resistant to both chemical and physical influences.

It is flame retardant and withstands temperatures from -30 $^{\circ}$ C to +110 $^{\circ}$ C.

RK9061

INSTALLATION COVER

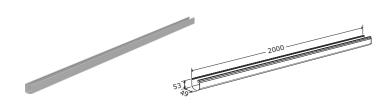




Covers and protects flexible feed/waste system.

RK1043 Grey RK1043000 White

CABLE TRAY, 2000 MM



Cable tray, 2000 mm, for wall-mounted INDIVO lift for worktop.

RK1050

INDIVO STABILISING FOOT



Stabilising foot. 1 pc. For INDIVO lift for worktop. Provides extra support in case the wall is not sufficiently strong.

RK1342000 White RK1342202 Grey (RAL 9006)

BRACKETS FOR FITTING OF FASCIA



Brackets for fitting of fascia, 4 pieces. The recommended number is 4 for each running metre.

RK1044

INDIVO BRACKET FOR FITTING OF COVER PLATE



Bracket for fitting of cover plate. 1 pc. For INDIVO lift for worktop.

RK1344

WIRED REMOTE CONTROL, CABLE LENGTH 1600 MM





Wired hand control, cable length 1600 mm. Can be used as a supplement for or instead of switch for fascia. Only for wall-mounted INDIVO lifts.

RK1045

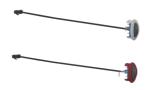
SWITCH FOR FASCIA, CIRCULAR



Switch for fascia, circular. For INDIVO lift for worktop. $RK1354\ Black$

Switch for fascia, circular. For INDIVO lift for wall cupboards. RK1355 Silver

SWITCH FOR FASCIA, OVAL



Switch for fascia, oval. For INDIVO lift for worktop. RK1054 Aluminium

Switch for fascia, oval. For INDIVO lift for wall cupboards. RK1055 Red

COLLAPSIBLE CRANK HANDLE

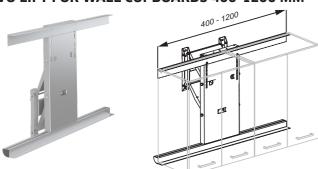


Collapsible crank handle. Crank handle for worktop without fascia. Can be folded away under worktop. Not visible below worktop.

RK1041

ACCESSORIES FOR LIFTS FOR WALL CUPBOARDS

INDIVO LIFT FOR WALL CUPBOARDS 400-1200 MM



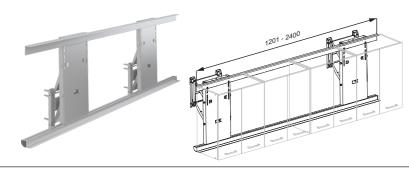
INDIVO lift for wall cupboards, with one motor and control box.

Height adjustable 430 mm with switches or wired remote control. When height adjusting downward, the lift will also move 180 mm towards the user. For wall cupboards width 400-1200 mm.

Please indicate height, width and depth of wall cupboards when ordering. Excl. mounting kit.

RK1220

INDIVO LIFT FOR WALL CUPBOARDS 1201-2400 MM



INDIVO lift for wall cupboards, with two motors and control box.

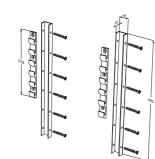
Height adjustable 430 mm with switches or wired remote control. When height adjusting downward, the lift will also move 180 mm towards the user. For wall cupboards width 1201-2400 mm.

Please indicate height, width and depth of wall cupboards when ordering. Excl. mounting kit.

RK1221

ADJUSTABLE BRACKETS



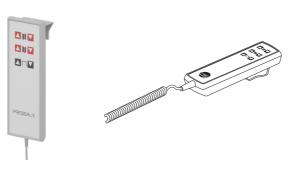


Brackets for wall cupboards, height adjustable by 460 mm. Incl. 2 wall fittings and 2 brackets.

Can be fitted with wall cupboards that are minimum 500 mm tall. $\,$

RK1120

WIRED REMOTE CONTROL, CABLE LENGTH 1600 MM



Wired hand control, cable length 1600 mm. Can be used as a supplement for or instead of switch for fascia. Only for wall-mounted INDIVO lifts.

RK1045

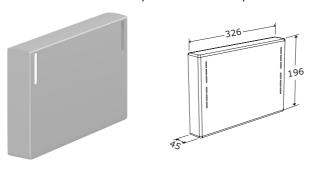
CABLE TRAY, 2000 MM



Cable tray, 2000 mm, white, for INDIVO lift for wall cupboards.

RK1051000 White

EXTENSION FITTING, 400-1200 MM, 1 PC



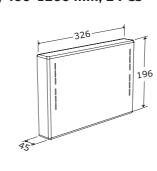
Extension fitting, 400-1200 mm, 1 pc. For installing cupboards higher than 704 mm. For INDIVO lift for wall cupboards.

Please indicate height of wall cupboards when ordering.

RK1065

EXTENSION FITTINGS, 400-1200 MM, 2 PCS





Extension fittings, 400-1200 mm, 2 pcs. For installing cupboards higher than 704 mm. For INDIVO lift for wall cupboards.

Please indicate height of wall cupboards when ordering.

RK1066

SAFETY BAR



For INDIVO lift for worktop. Stops the downward movement of the worktop when resistance is felt and raises it 10 mm. Please indicate length and depth of worktop when ordering.

RK1397 Short side, length up to 700 mm RK1390 Long side, 701-1000 mm RK1391 Long side, 1001-1400 mm RK1392 Long side, 1401-2000 mm RK1393 Long side, 2001-2400 mm RK1394 Long side, 2401-3000 mm

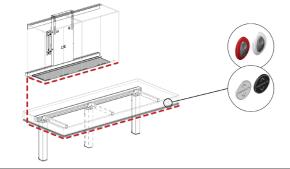
SAFETY PLATE



For INDIVO lift for wall cupboards. Stops the downward movement of the wall cupboard when resistance is felt and raises it 10 mm. Please indicate width and depth of wall cupboards when ordering.

RK1031 400-1200 mm RK1032 1201-2400 mm

INTERCONNECTION OF SAFETY RK1370



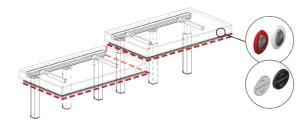
Interconnection of safety RK1370 For interconnection of:

- Safety bars for worktop
- One safety plate for wall cupboards.

For all types of switch. Safety bars and safety plates to be ordered separately.

RK1170

INTERCONNECTION OF SAFETY RK1372



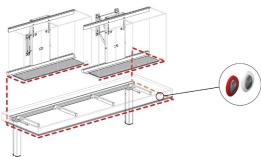
Interconnection of safety RK1372 For interconnection of:

- Safety bars for worktop

Two worktop lifts placed next to each other. For all types of switch. Safety bars and safety plates to be ordered separately.

RK1172

INTERCONNECTION OF SAFETY RK1371



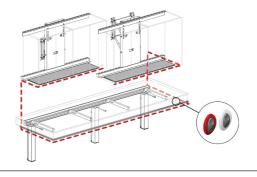
Interconnection of safety RK1371 For interconnection of:

- Safety bars for worktop
- Two safety plates for wall cupboards.

For oval switch. Safety bars and safety plates to be ordered separately.

RK1171

INTERCONNECTION OF SAFETY RK1375



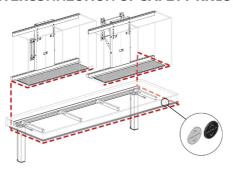
Interconnection of safety RK1375 For interconnection of:

- Safety bars for worktop
- Two safety plates for wall cupboards.

For oval switch. Safety bars and safety plates to be ordered separately.

RK1175

INTERCONNECTION OF SAFETY RK1373



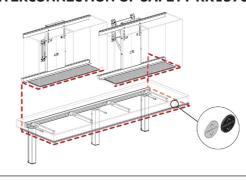
Interconnection of safety RK1373 For interconnection of:

- Safety bars for worktop
- Two safety plates for wall cupboards.

For circular switch. Safety bars and safety plates to be ordered separately.

RK1173

INTERCONNECTION OF SAFETY RK1376



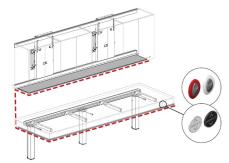
Interconnection of safety RK1376 For interconnection of:

- Safety bars for worktop
- Two safety plates for wall cupboards.

For circular switch. Safety bars and safety plates to be ordered separately.

RK1176

INTERCONNECTION OF SAFETY RK1374



Interconnection of safety RK1374 For interconnection of:

- Safety bars for worktop
- One safety plate for wall cupboards.

For all types of switch. Safety bars and safety plates to be ordered separately.

RK1174







Pressalit A/S

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Pressalit.com

PREMIUM BATHROOM SOLUTIONS SINCE 1954

Pressalit A/S is a Danish privately owned company with production facilities in Ry, Denmark. Since 1954, we have been designing and producing toilet seats of the highest quality. And since 1975, Pressalit has also been developing accessible bathrooms and height adjustable kitchens for people with reduced mobility. This has made us one of the world's leading manufacturers of premium bathroom solutions. High quality, flawless design and reliable functionality are the core features of our wide range of products.

PRESSALIT SUPPORTS UNITED NATIONS GLOBAL GOALS















Pressalit's Environmental and Quality Management Systems are certified by LRQA