

# Opening Jars

**Do you have problems opening jars?**

**Do you have pain or weakness in your hands, fingers or wrists?**

Before selecting a jar opener, consider the following:

- Large handles help reduce strain on joints.
- Lever handles reduce the effort required if you have a weak grip.
- A mounted jar opener gives good leverage and can allow you to use both hands if needed.



## Triangular Jar Openers

These v-shaped openers have a metal slot with a slip-resistant lining. These can be hand held with a large grip or mounted underneath a bench or high cupboard.



## Twister Jar Opener

A moulded rubber dome fits over jar lids of various sizes and makes them larger and easier to grip.



## Slip-resistant Grip

Washable vinyl or rubber pads help grip and hold jar lids. These can also be used to secure items on slippery surfaces.



## Boa Constrictor Opener

This jar opener has a long lever handle and a wrap around rubber belt. This can be adjusted around the jar lid and threaded through the handle. This reduces the amount of strength required to open a jar.



### JarPop/JarKey

The JarPop is an opener that releases the vacuum seal on jars, making them easier to open.



### Belliclamp

This clamp stabilises jars and is suitable for use with one hand. Push up against the hardwood ram of the clamp to keep the jar stable whilst it is being opened with one hand.



### J-Popper/Can Claw

This rigid plastic device is easily inserted into the ring pull of a can, and levered back to open the can.



### Automatic Jar Opener

A battery operated, automatic jar opener that stabilises the jar while opening the lid.

**For more information, please contact**

### Independent Living Centre NSW

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