

POURING LIQUIDS

- To reduce spilling, place the lip of the container you are pouring from against the rim of the container you are pouring into.
- Pour slowly at first and gradually increase your speed as your skills improve with practice.
- Listen for the sound of liquid entering the container, as well as for sound changes as the liquid reaches the top rim of the cup or glass.
- Become aware of the temperature change on the side of a glass or cup as the cold liquid rises.
- Never hold the cup or glass in the air while pouring; instead, place the cup or glass on a level surface. This helps to avoid spills and burns.
- Keep your body aligned with the table edge or counter top when pouring.
- Try pouring with the pitcher in the sink and the glass or cup on the adjoining counter top. This can make it easier to lift the pitcher and can help with spills and cleanup.

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This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

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POURING LIQUIDS (*cont.*)

- Place the cup or glass on a tray with sides or a lip, so that any spills are contained on the tray. Wipe up any spills immediately.
- When entertaining friends or family, ask each person to pour his or her own beverage!

For hot liquids:

- **Electronic liquid level indicators** can help with pouring hot (and cold) liquids by making a persistent noise and/or vibrating when the liquid in a glass or cup is a certain distance from the top rim.
- The **Sunbeam Hot Shot Beverage Maker** heats 12 ounces of water in about 90 seconds at the touch of a button. It makes piping hot water for coffee, cereals, soups, cocoa, or tea.
- You can find these products in the VisionAWARE online store at www.visionaware.org/product-catalog

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