

# 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 Opener

These v-shaped openers have a metal slot with a slip resistant lining. 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

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

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.



## Twist Multi Openers

A plastic two handled device with scalloped graduations to enable it to fit four different sizes of jar and bottle tops. The inner gripping surface is slip resistant rubber.



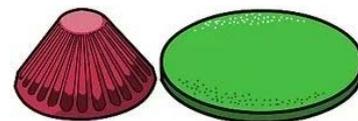
## Automatic Jar Opener

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

## Techniques

Use one of the following techniques to break the vacuum seal:

**1. Use a gripper:** Gripping the lid with something aside from your fingers can make it much easier to successfully open a finicky jar. Grab one of the these items to help you get a grip: a rubber jar opener or glove, a silicon pad, slip resistant shelf liners, or a wide rubber band.



**2. Hold the jar upside down at a 45-degree angle, then hit the bottom with your palm:** This causes a water hammer effect, raising the pressure near the lid and breaking the vacuum. Only slap hard enough to break the seal, but not hard enough to hurt your hand or break the jar. You should hear a "pop" sound when the seal breaks.



**3. Hit the side of the jar lid with a spoon handle at a 45-degree angle:** Use it to strike the side of the jar lid hard enough to make a slight dent. Rotate the jar about an inch and strike it again. Continue to dent the lid until you have gone all around and you hear the seal pop. Check the jar's rim to make sure it did not get chipped before using the contents of the jar.



**4. Dip the jar lid into a pot of hot water, wait 1 to 2 minutes, then open the jar:** Or you can run hot tap water over the lid, making sure it does not touch the rest of the jar. Make sure the lid is submerged, but the jar itself is not covered in hot water. The hot water will make the lid expand temporarily and break the seal. Let the lid sit for one to two minutes, until you hear the seal pop open. The lid should screw off easily once the seal has been popped. The heat may have melted the contents of the jar.



**5. Place the tip of a knife or spoon under the edge of the lid, then push down:** Push the utensil up and out to loosen the jar. Apply force to the utensil like a lever. Separate the lid from the jar a little to break the seal. Scoot the utensil over and do the same in another spot. You should hear a "pop" sound when the seal breaks. Be careful: Thin glass jars could crack, plastic could puncture. Be careful when using a knife; an alternative safer method would be to use a JarPop or JarKey.



Reference: <http://www.wikihow.com/Open-a-Difficult-Jar>

For more information, please contact

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