**Contrast**

Helpful pointers for people who are blind or who have low vision

**Colour Contrast**

Things to think about for good colour contrast when working with objects:

* Between background surface and item/object
* Between item and wall behind it
* Reducing glare
* Defining outlines/boundaries
* Defining work area

Kitchen activities - contrast photograph examples:

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Flat black surface – item well defined Stainless steel surface – enhances glare

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Good contrast between surface Poor contrast between surface and items and items

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Good contrast between item and surface and with wall behind it.

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Examples of good contrast between surfaces and objects

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Note the poor contrast between dark cutting board and bench, and the good contrast between the white non-slip mat and knife, and also the apple and the cutting board.

A quick solution would be to use a larger white non-slip mat.

Table top activities – photo examples of contrast

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Note good and poor contrast of children’s activities in photographs above.