Hand washing

- Rolling up sleeves
- Turning on the water
- Soap
- Washing hands
- Drying hands
- Care for nail
- Hand soap
Face washing

1. Rolling up sleeves
2. Turning on the water
3. Applying soap
4. Using facial cleaner
5. Washing face
6. Drying face
7. Applying lotion
8. Shaving
Dressing upper body

- bureau/closet
- putting/taking off arm through sleeves
- slipping over
- zipper
- front button
- cuff button
- accessory
- fixing dressing
Dressing lower body

bureau/closet

putting legs through trousers

hike up/taking off trousers

zipper

button/hock

belt

sox/stocking

shoes

orthotic
Cooking

- refrigerator
- turning on the water
- washing vegetable
- kneading
- pealing a skin
- cutting with kitchen knife
- setting up tableware
- gas range
- pan
- muddling
- microwave overtoaster
- preserving
Dishwashing

turning on the water

sponge

washing (light things)

washing (heavy thing)

drying tableware

wiping

tidying tableware up
Laundry

- Washing machine lid
- Putting into washing machine
- Pouring detergent
- Button of the washing machine
- Taking out washing machine
- Carrying washing basket
- Airing clothes
- Clothespin
- Airing sheet
- Iron
- Folding clothes
- Storing clothes
Cleaning / Tools

- Wiping
- Vacuum cleaner
- Sweeping up
- Garbage bag
- Switch
- Remote control
- Telephone
- Computer
- Book
- Newspaper
- Writing
- Stationery
Moving (indoors/outdoors)

- Sit up
- Stand up
- Transfer
- Wheelchair
- Waking (indoors)
- Walking (outdoors)
- Door
- Lock up
- Train/bus
- Shopping
- Payment
- Automated machine