

Sensory Accessibility Checklist

Tips for making your workspace or business friendlier to people with sensory sensitivities
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Smell

- Create a scent-free space: no perfumes, scented hand soaps, or scented cleansers
- No scented air fresheners, including plug-ins, candles, or incense
- Minimize odors from nearby restaurants, cafes or cafeterias
- Make sure trash is covered and taken out regularly

Sight

- Make sure all spaces are tidy
- Keep visual clutter on walls to a minimum
- No overhead light, especially not fluorescent or unfiltered LED.
- If you must use fluorescent or LED, use warm/yellow lights, make sure they don't flicker, and diffuse them so they're not too bright.
- Choose lighting that is warm/yellow, rather than cool/blue
- Minimize light reflecting off of other objects
- No strobe lights or flashing lights
- Make the most of natural light, but also provide shades/curtains
- Make sure signs are clear and easy to see
- Walls: use calming, solid colors (blues, greens) or nature scenes
- Decorate with plants of various sizes

Sound

- Provide low-noise spaces for people who need quiet
- Provide livelier spaces for people who need more sound stimulation
- Offer white noise options (fans, nature sounds)

- Provide enclosed spaces for people who need to make phone calls
- Install sound dampening in call centers
- Keep equipment noises to a minimum, turn off machines when they're not being used
- Make sure doors close softly instead of slamming shut
- No door chimes
- Add carpeting to dampen sound
- Soundproof to reduce noise from outside
- Minimize echo, especially in larger spaces
- Minimize sudden noises or anything that makes automatic noise
- No televisions on, no radio/music broadcast, or keep ambient music soft
- No blown-air hand dryers in bathrooms

Touch

- Soft, natural fabrics on upholstered furniture
- Padded seating
- Soft facial and toilet tissues
- Make sure any uniforms are tag-free, comfortable and made of natural fabrics, or be flexible enough to make these options available

Vestibular/Proprioceptive

- Offer exercise balls or "active seating" stools
- Offer rocking chairs, swings, trampolines
- Offer pull-up bars in doorways
- Keep walkways and passageways clear of obstacles and easy to navigate