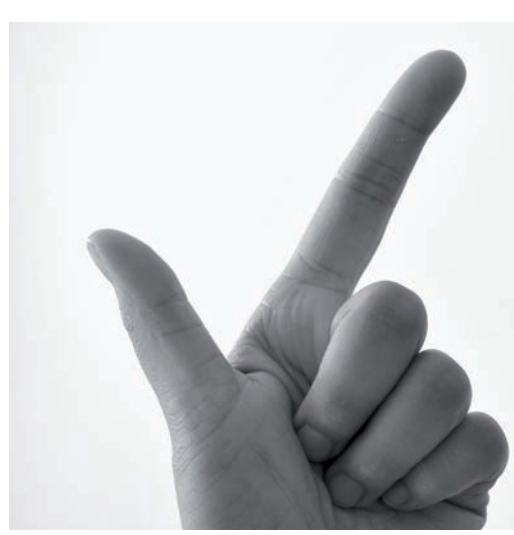
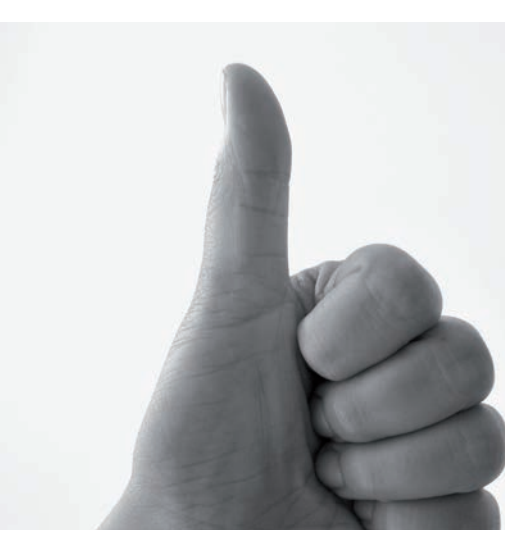




# THE TEN COMMANDMENTS OF FREEDOM FROM BARRIERS

## FREEDOM FROM BARRIERS IN 10 MAIN POINTS



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Bundesarbeitsgemeinschaft  
für Rehabilitation (BAR) e.V.  
Federal Rehabilitation Council  
Solmsstraße 18  
60486 Frankfurt/Main  
Telefon: +49 69 605018-0  
Telefax: +49 69 605018-29  
info@bar-frankfurt.de  
www.bar-frankfurt.de

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# THE TEN COMMANDMENTS OF FREEDOM FROM BARRIERS

## FREEDOM FROM BARRIERS IN 10 MAIN POINTS



*The Ten  
Commandments of  
Freedom from Barriers*

# THE TEN COMMANDMENTS OF FREEDOM FROM BARRIERS

## **First Commandment**

FREEDOM FROM BARRIERS is the basic principle of an environment designed for ALL. The needs of the disabled and the issues of accessibility and usability for ALL require both your attention and commitment.

## **Second Commandment**

Remember FREEDOM FROM BARRIERS applies to the design of all environments: construction and housing, mobility and transport, learning and culture, work, recovery and health, information and communication.

## **Third Commandment**

Be aware that FREEDOM FROM BARRIERS is essential to all of us, especially people with motor, sensory or cognitive disabilities.

## **Fourth Commandment**

Make sure that premises and objects can be perceived, reached, understood, recognised and used by ALL without assistance.

## **Fifth Commandment**

When planning, be guided by the following five principles: User-friendly design, walk-and-roll principle, two-senses principle, use of visual, acoustic and tactile contrasts, language that is easy to understand.

## **Sixth Commandment**

Each time you plan a measure to ensure freedom from barriers, involve the disabled or their representatives at the earliest possible stage. This will help you find appropriate solutions and encourage acceptance.

## **Seventh Commandment**

Use technical specifications, the conclusions of research and best practices. FREEDOM FROM BARRIERS requires quality.

## **Eighth Commandment**

Ensure objective and subjective safety for ALL. Preventive safety measures are essential. Take structural and organisational measures to ensure that disabled people are able to save themselves or call promptly for outside help in case of emergency.

## **Ninth Commandment**

Systematically implement the most up-to-date solutions to ensure lasting usefulness to ALL.

## **Tenth Commandment**

Keep the future in mind. Demographic developments will increase the importance of FREEDOM FROM BARRIERS even further.

*Source: VDV (Ed.) (2012): Barrier-free public transport in Germany. Project leadership: STUVA e. V. Düsseldorf, Alba Verlag.*

# FREEDOM FROM BARRIERS IN 10 MAIN POINTS

## **Description**

## **Main point of FREEDOM FROM BARRIERS**

### **1. Principle**

FREEDOM FROM BARRIERS is the basic principle of an environment designed for ALL. Without freedom from barriers, there can be no integration, no self-determination for the disabled, no sustainable construction, and no construction culture for the 21st century.

### **2. In all areas**

FREEDOM FROM BARRIERS applies to the design of all environments: Work, construction and housing, mobility and transport, learning and culture, recovery and health, information and communication.

### **3. For all disabled persons**

FREEDOM FROM BARRIERS is essential to all disabled people, especially people with motor, sensory or cognitive disabilities.

### **4. Access and usability**

BARRIER-FREE access and usability are achieved when all premises and objects can be easily perceived, reached, understood, recognised and used by ALL without assistance.

### **5. Planning principles: - walk-and-roll**

According to the walk-and-roll principle, all movement areas must be easily usable both on foot and with wheelchairs and walking frames.

Pedestrian routes, floors and steps must be impact-resistant and anti-skid, so that they can be used by ambulant-impaired persons without risk of stumbling or falling.

Pedestrian routes, floors and ramps must also be safe and as vibration-free as possible for users of wheelchairs, walking frames, and other wheeled equipment.

Movement areas must be even, stepless and obstacle-free, so that they can be used by wheelchair and walking frame users without particular difficulty.

### **- user-friendly design**

Controls, door handles and fittings must be reachable by wheelchair and walking frame users, people who are small in stature and people who do not have the full use of their hands. They must be designed in a user-friendly manner, so that they can also be used by people with little strength or restricted fine motor skills.

### **- two-senses principle**

The two-senses principle requires that all information, including guidance aids, be perceivable by a minimum of two senses out of three (hearing, sight and touch), to enable visually impaired and hearing-impaired people to access all important information without outside assistance.

### **- contrasts**

Areas open to the public must be designed so as to offer visual, tactile and acoustic contrasts. This enables the sensory-impaired to acquire information, circulate and communicate in public areas without outside assistance or particular difficulty.

### **- language easy to understand**

The principle of language easy to understand requires that important information, including guidance systems, be easy to understand and supplied in an easily understood form, e.g. pictograms, to enable the cognitively disabled to access the information.

# FREEDOM FROM BARRIERS IN 10 MAIN POINTS

## Description

## Main point of FREEDOM FROM BARRIERS

### 6. Involvement of the disabled

Disabled people must be involved in all measures intended to ensure FREEDOM FROM BARRIERS, as ‚experts from personal experience‘. Early involvement helps find appropriate solutions and encourages acceptance.

Systematic exchanges of experience between representatives of the responsible authorities and of the disabled, e.g. in the BAR focus group on barrier-free environment design have proved extremely valuable.

### 7. Quality

FREEDOM FROM BARRIERS requires quality. The requirements for this purpose are to be found mainly in technical specifications and guidelines. They specify – inter alia – minimum measurements, brightness contrasts, the volume of announcements according to background noise levels, etc.

FREEDOM FROM BARRIERS includes the ability to use telecommunications facilities, i.e. stationary or mobile devices, and especially BARRIER-FREE access to webpages.

### 8. Safety measures

Preventive safety measures are required for BARRIER-FREE usability, e.g. guardrails, user-friendly step heights and contrasting marking of glass surfaces. They help protect disabled people against falls and collisions.

Moreover, disabled people should also be able to ‚help themselves‘ in the event of an emergency and call promptly for outside help. High all-round safety standards and a large number of individual measures are a prerequisite if the disabled are to be able to help themselves or receive appropriate assistance in the event of a fire, accident or breakdown.

The creation of a feeling of subjective safety in public areas is another important aspect.

### 9. Usefulness to ALL

Measures to ensure FREEDOM FROM BARRIERS are of the utmost importance to disabled people; they also concern other groups (people with restricted mobility in the wider sense, such as the very elderly, young children, persons with prams or pushchairs and persons with heavy luggage). Any of us may require FREEDOM FROM BARRIERS further to an illness or accident.

Many measures, e.g. strong lighting, stepless access to buses and trams as well as easily understood information, are useful to ALL.

### 10. Future development

Further progress may be expected in the wake of specialised research and ongoing experience.

To ensure the greatest possible FREEDOM FROM BARRIERS, programmes, plans and agreements on goals need to be drawn up. Technical developments mean that ‚comprehensive‘ freedom from barriers can only be achieved gradually.

Demographic developments will ensure that the quantitative importance of FREEDOM FROM BARRIERS continues to increase.

Source: VDV (Ed.) (2012): *Barrier-free public transport in Germany*. Project leadership: STUVA e. V. Düsseldorf, Alba Verlag.

Die Bundesarbeitsgemeinschaft für Rehabilitation (BAR) e. V. ist die gemeinsame Repräsentanz der Deutschen Rentenversicherung Bund, der Bundesagentur für Arbeit, der Deutschen Gesetzlichen Unfallversicherung, der gesetzlichen Krankenversicherung, des Spitzenverbandes der landwirtschaftlichen Sozialversicherung, der Bundesländer, der Spitzenverbände der Sozialpartner, der Bundesarbeitsgemeinschaft der Integrationsämter und Hauptfürsorgestellen, der Bundesarbeitsgemeinschaft der überörtlichen Träger der Sozialhilfe sowie der Kassenärztlichen Bundesvereinigung zur Förderung und Koordinierung der Rehabilitation und Teilhabe behinderter Menschen.