Primary Tasks to Use with Interrupts

Room/Clinic
Jigsaw puzzle
Crossword puzzle

Count money
Put pills in sorter

Tie knots

Put papers in folders Stuff envelopes

Address envelopes
Collate/staple papers

Sort coupons Menu worksheet

Home

Fold linen Fold sheets

Put pictures in frames

Sort silverware Sort Hardware Sort office supplies

Total groceries

Type on computer

Secondary Tasks to Use with Interrupts

Room

Hang clothes in closet Put clothes in dresser

Home

Set table

Put books on shelf

Put canned goods away

Take dishes out of dishwasher

Take silverware out of dishwasher

Put spices on rack Load dishwasher

Clinic

Put wrist weights on rack Put folders in file cabinet Open /close shades Wash windows