

SAFETY AT HOME: DIALING THE TELEPHONE

Telephones, calculators, and numeric computer keypads use the same arrangement of numbers.

- Become familiar with your keypad and begin practicing "touch dialing" by using your index, middle, and ring fingers to explore the keypad.
- The keypad has four rows, with three buttons across each row.
- Begin practicing by using the "home row" orientation: Use the second row, or numbers 4, 5, and 6 for orientation, placing your middle finger on number 5.
- Place your index finger on number 4, middle finger on number 5, and ring finger on number 6.
- Reach your index finger up to the first row for number 1 and down to the third row for number 7.

Page 1 of 2

A downloadable service brought to you by:
VisionAWARE, a Program of AWARE, with funding provided by the
National Eye Institute, National Institutes of Health.

Brought to you by:



This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

Learn more at:
awareusa.org
visionaware.org

Join us on Facebook:
visionaware.org/facebook

Follow us on Twitter:
twitter.com/visionaware

*Don't let vision loss
keep you in the dark.*

Become AWARE!



SAFETY AT HOME: DIALING THE TELEPHONE (cont.)

- Reach your middle finger up to the first row for number 2 and down to the third row for number 8.
- Reach your middle finger further down to the fourth row for number 0.
- Reach your ring finger up to the first row for number 3 and down to the third row for number 9.
- Always return your fingers to the “home row” position before reaching for the next number; also, try to think ahead to the next number in the dialing sequence before you begin to move your finger to the next key.
- To help orient yourself to the telephone keypad, mark number 5 with a Loc-Dot, Spot 'n Line Pen, Hi-Marks 2000 Tactile Pen, or other marking material. You can find these specialty labeling products in the VisionAWARE online store at www.visionaware.org/product-catalog.

Page 2 of 2

A downloadable service brought to you by:
VisionAWARE, a Program of AWARE, with funding provided by the
National Eye Institute, National Institutes of Health.

Brought to you by:



This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

Learn more at:
awareusa.org
visionaware.org

Join us on Facebook:
visionaware.org/facebook

Follow us on Twitter:
twitter.com/visionaware

*Don't let vision loss
keep you in the dark.*

Become AWARE!

