

SAFETY AT HOME: KITCHEN AND DINING AREAS

- Use white plates on a dark tablecloth, or place dark dishes on a white or light-colored cloth. If possible, avoid using clear glass cups and dishes.
- Use brightly colored fluorescent tape to increase the visibility of drawer pulls and the edges of cabinet doors.
- Use a large print timer with bold, black numerals on either a white or bright yellow background.
- Paint cupboard or cabinet doors in a solid bright or contrasting color to make them stand out against the walls and counters. Replace cabinet hardware with brightly colored contrasting handles.
- Use brightly colored raised marking dots on the stove, oven, and microwave controls to allow you to feel and adjust them more easily. If you have low vision, these markings can also create contrast with the background color.
- Store knives in a knife holder or with the blades covered if you store them in a drawer.

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SAFETY AT HOME:

KITCHEN AND DINING AREAS *(cont.)*

- Wrap brightly colored contrasting electrical tape around pot handles to make them more visible.
- If you're ready to buy new pots and pans, select them in colors that contrast with your stovetop.
- Always use flame retardant elbow-length oven mitts when removing hot pans from the stovetop or oven. Make sure they are dry and in good repair, without worn spots or holes.
- Reduce glare by using a non-glare floor wax, installing mini-blinds in windows, using non-glossy placemats and tablecloths, and placing rugs (with the edges secured) over glare spots on high gloss floors.
- Use a reversible black and white cutting board to provide contrast. Onions and potatoes will show up more clearly on the black side, while the white side will provide greater contrast with tomatoes and green vegetables.
- You can find large print timers, marking dots, and reversible cutting boards in the VisionAWARE online store at www.visionaware.org/product-catalog

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