

SAFETY AT HOME: LIGHTING, GLARE, AND WINDOWS

- Try to maintain continuous lighting levels throughout your home.
- If possible, install supplementary lighting in entryways, hallways, and at the top and bottom of each staircase to eliminate shadows or excessively bright areas.
- Whenever possible, try to use a combination of fluorescent and incandescent lighting.
- Install fluorescent ceiling fixtures for general room lighting, supplemented with incandescent, LED, or halogen lighting in desk lamps, table lamps, and floor fixtures.
- **Note:** Use precautions and follow the manufacturer's instructions when positioning halogen lights or lamps close to your body, curtains, or furniture. Halogen bulbs produce intense heat and can cause fire, severe burns, and personal injury if used incorrectly.
- Use flexible-arm lamps for close work, such as reading, meal preparation, and writing.

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: Lighting, Glare, and Windows (cont.)

- Cutting the distance in half between a light source and the task (by bringing the light closer to your work) will make the brightness or intensity of the light approximately four times greater. Check your existing light sources and determine if any can be moved closer to your workspace or activity.
- Install dimmer switches on incandescent lamps and ceiling fixtures to control illumination levels and glare.
- Use mini-blinds or vertical shades to control direct sunlight and adjust for changing lighting conditions, according to the weather and time of day. They can also be used in combination with sheer or lace window coverings.
- Try to avoid using light fixtures with uncovered light bulbs. Instead, use lamp shades that are light-colored and translucent; generally, this type of shade allows the maximum transmission of light.
- Use nightlights to create a lighted pathway that can help you move from one room to another at night.

Page 2 of 2

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!

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

