

# Home Safety Tips

## Lighting Basics

Light comes from different sources, such as sunlight through a window, a ceiling light fixture, a lamp, counter lighting, or a gooseneck desk lamp. General lighting helps you see well enough to walk around. Task lighting helps you point light at a book or activity to help you see detail better.

To make the most of your vision, you need both good room lighting and task lighting without shadows or glare. Try different kinds of light for different activities. For general room lighting, compact fluorescent bulbs, halogen floor lamps, or common incandescent bulbs are good options. For reading and detail work, try a desk lamp with an adjustable arm or a gooseneck lamp that uses full-spectrum or halogen bulbs.

More light is usually better as we get older. An 80-year-old person generally needs eight to 10 times more light than a 20-year-old. Using the best light for you can help you make the most of your vision and do tasks more easily.

## Lighting Tips

- Replace burned-out bulbs right away.
- Always cover bulbs (i.e., do not remove lamp shades).
- Point light at the task you are doing, not toward your eyes.
- Do not use clear bulbs—they can cause glare.
- Use a combination of overhead and task lighting.
- Try to maintain uniform lighting from room to room.
- Cover shiny tabletops and floors to prevent glare.