

SAFETY FIRST

As You Adapt to Low Vision

- ✔ Keep all interior doors and cabinet drawers fully opened or closed.
- ✔ Remove tripping hazards such as throw rugs, clutter and electrical cords, and push chairs completely under tables.
- ✔ Keep exterior doors locked. Do not unlock and open until you verify who is at the door.
- ✔ Improve use of stairs by placing something touchable at each end of the railing; putting contrasting tape/paint on the edges of steps; or keeping a cane or walking stick by the stairs to measure the distance between steps.
- ✔ Improve lighting by placing LED flashlights in every room. In addition, use night lights, counter top task lights and adjustable lamps.
- ✔ Increase the use of small appliances including slow cookers, microwaves and toaster ovens to reduce the risk of burns.
- ✔ Lessen the use of kitchen knives by utilizing pre-cut vegetables, food choppers, peelers and pizza cutters for slicing.
- ✔ Put large-print, expiration-date labels on food packaging and test freshness by smelling food before using.
- ✔ Maintain a landline telephone with large-print buttons and a memory feature for accessibility during power outages or emergencies.
- ✔ Use large-print or tactile labels to identify toxic products and store them separately from other household items.

Blind Services – Independent Living Services
Kentucky Office of Vocational Rehabilitation