Seniors Think About...  

LIGHT & COLOR
GOOD LIGHT AND COLOR

MAKE A SAFE HOME.

Some things to think about when making or choosing home improvements:

HELP YOUR EYES TO SEE BY...

- Using 150-200 watts of **diffused light** 3½ feet away from reading materials or other eye-straining activities.

- Keeping good general light while watching television and reading.

- Having halls and dark areas partially lighted at all times to avoid going from a light room to a dark room.

- Having fixtures that pull down from the ceiling so changing bulbs may be done safely.

- Placing switches so a room can be lighted before entering.

- Using strong, bright, cheerful **colors**.

- Choosing **light-reflecting colors** to improve light.

- Emphasizing caution areas with contrasting colors on:
  - Riser and tread of stairs
  - Level of floor and level of elevator stop
  - Stairs and corridors
  - Turns in halls
  - Floor and wall
  - Furniture and floor.
GOOD LIGHT.

helps eyes to see

COLOR.

adds pleasure to seeing
Anna Marie Gottschalk
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