

# Light News

Did you know that someone 60 years old needs three times more light than someone aged 20? It's a fact. That means the lighting that was sufficient 10 years ago may be inadequate for you today. Conserving energy by using low watt bulbs is commendable, but compromising on good lighting could result in injuries and eyestrain. Studies have shown that visual accuracy increases with better lighting. Often, accidents that happen in the home are caused by insufficient lighting. Stairs are a good example - many falls occur because of missing a step or tripping over an object.

You can help prevent these accidents by the following suggestions:

1. Is the lighting sufficient? Every room needs to be considered. Work areas should be well lit.
2. Use night-lights. Those that come on automatically when the light decreases are available.
3. Stairways and halls must be well lit.
4. Motion activated outdoor lights are the best kind to install for both safety and security.
5. Lights that turn on by touch eliminate fumbling in the dark for the switch.
6. A small flashlight on a key chain makes light available when needed.
7. More light is needed at dusk when the cells in the eyes adjust to the lower light level, so indoor lights should be turned on sooner.

Prevention is the key for safety. Help your clients put a little more light in their lives.

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