

Lighting for Your Safety

CHI Mercy Health
Trauma Department



Lighting

It is ideal for you to be able to turn on a light without having to walk into a dark room (balance deteriorates in dark environments).

Lighting should be bright enough to see well without causing glare.

Moving around your home is also an important part of your freedom. On the back we have shared a few tips to move around your home safely. Most importantly - take your time.

Trauma Department

Getting Around Safely

- Take time to regain your balance when you first sit up or stand.
- Wear supportive low heeled shoes with good traction
- Use a cane or walker to help you keep your balance on uneven or unfamiliar ground
- Watch for slippery pavement when walking outdoors and getting out of the car
- Avoid walking on stairs or uneven surfaces in poorly lit public areas
- Avoid carrying bulky items that block your view of the path
- Avoid rushing to answer the phone or doorbell
- Avoid rushing to cross streets especially in wet or icy weather
- Avoid using step stools if possible. If you have to reach something use a sturdy stool and not a chair.
- If you live alone, make contact every day with a friend, relative or neighbor, and consider getting a personal alarm.



**CHI Mercy
Health**

Emergency Department

Visit us online at chimercyhealth.org