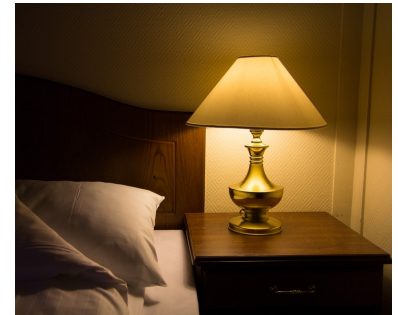


Home Safety: Lighting

- Ensuring your home is well lit is vitally important to help avoid accidents such as trips and falls.
- Ensure each room has a working light.
- Low energy efficient light bulbs are advisable to avoid having to change them as often.
- Always put a light on when getting up during the night. Consider getting a bedside light e.g. a touch lamp that easily be switched on.
- You could leave a hall or bathroom light on before bed or motion-sensing night light in the hall/landing to guide you when you wake up in the middle of the night to use the bathroom.
- Be careful handling bulbs and shades as they can get hot.
- Have appropriate outside lighting which is bright and in good working order.



For more information please contact the Home Safety Officer
T: 028 9034 0160 E: envhealth@antrimandnewtownabbey.gov.uk
Or visit the home safety section on our website:
www.antrimandnewtownabbey.gov.uk