



Labels for Everyday Use

Marks and Labels

Choose marks and labels based on your level of usable vision, hearing, tactile sensitivity, and personal preference.

Use Tactile and Visual Marks for Rapid Identification

Marking Materials

- Rubber bands
- Hair elastics
- Velcro
- Puff paint
- Nail polish
- Bump dots
- Cork marks
- Felt pads
- Glue dots

Marking Tips

- Shower items: rubber bands, hair elastics
- Bathroom items: no adhesive marks
- Items shared with someone sighted: clear marks

Marking Appliances

- Mark only the settings you use
- Power off appliances before cleaning or marking

Use Tactile, Visual, and Audio Labels for Rapid Identification and More Information

Labeling Materials

- Index cards
- Stickers
- Audio Labels

Labeling Tips

- Use print; not script
- Use abbreviations and initials
- Test audio labels before purchasing