

# Lighting Ergonomics

## Lighting Ergonomics - Checklist

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[What is an example of a lighting checklist?](#)

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### What is an example of a lighting checklist?

Use the checklist and answer yes or no to the following questions. Follow up any "no" answers with corrective action. A complete lighting survey may be necessary. Please see the other OSH Answers documents on lighting for more information.

- [Eye Discomfort in the Office](#)
- [Lighting Ergonomics - General](#)
- [Lighting Ergonomics - Survey and Solutions](#)
- [Lighting Ergonomics - Light Flicker](#)

## Lighting Checklist - Example

### General

Enough light for the task.

No troublesome reflections.

No glare along or near normal line of sight

No frequent transitions between extremes of light and dark or near and far.

Lamps covered to diffuse light evenly.

Adequate lighting of upper walls and ceilings.

Shadows eliminated.

Bright shiny objects out of view.

Lights provide steady illumination (e.g., lights do not flicker)

Workers do not complain of visual strains and/or headaches (check yes if there are no complaints)

### Office

Clear and readable images on the computer monitor.

Well-placed local lighting.

Computer monitors are positioned to reduce glare from various sources (e.g., windows, overhead lighting, etc.)

Matte finishes on furniture and equipment.

Blinds or curtains on windows.

Brightness and contrast controls are properly adjusted on the computer monitor.

Appropriate size print, and good contrast is available for reading materials.

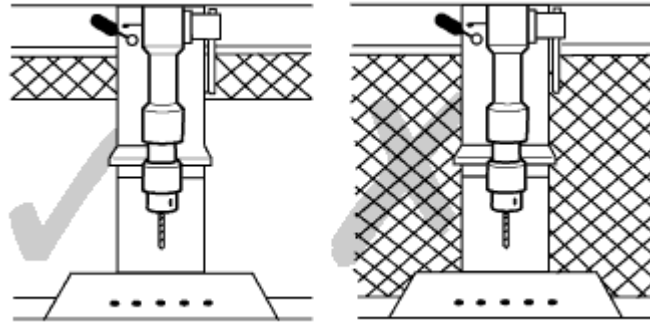
### Industry

Very small objects are magnified in addition to good lighting.

Moving machinery parts are painted a colour which contrasts with the background.

Adequate lighting is available in storage rooms, stairways and hallways.

Simple background is located behind tasks.



### Maintenance

Regular replacement of bulbs.	
Regular cleaning of light fixtures.	
Regular cleaning of upper walls, ceilings and task stations.	

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