



The Hazard's of Poor Lighting

Proper lighting makes all work tasks easier and safer

Whether in industrial or office settings, proper lighting makes all work tasks easier and safer. People receive about 85 percent of their information through their sense of sight.

Appropriate lighting, without glare or shadows, can reduce eye fatigue and headaches. It highlights moving machinery and other safety hazards. It also reduces the chance of accidents and injuries from 'momentary blindness' while the eyes adjust to brighter or darker surroundings.



Daylight

How much daylight reaches inside a building depends on the amount and direction of sunlight, cloud cover, local terrain, and the season. The size, orientation and cleanliness of the windows is also important. The amount of daylight entering the workplace can be controlled with tinted glass, window blinds, curtains, and awnings. Daylight is desirable in the workplace providing it does not cause glare or make the work area too bright. Remember, not enough light can also be a problem so even in workplaces where daylight is available, it is essential to have a good electric lighting system.



Direct-indirect lighting

No single type of light fixture is appropriate in every situation. The amount and quality of lighting required for a particular workstation or task will determine which light fixture is most suitable. Direct light fixtures project 90 to 100 percent of their light downward towards the work area. Direct lighting tends to create shadows. Direct-indirect light fixtures distribute light equally upwards and downwards. They reflect light off the ceiling and other room surfaces. Little light is emitted horizontally, meaning direct glare is often reduced. They are usually used in 'clean' manufacturing areas.

Indirect light fixtures distribute 90 to 100 percent of the light upward. The ceiling and upper walls must be clean and highly reflective to allow the light to reach the work area. They provide the most even illumination of all the types of fixtures and the least direct glare. Indirect light fixtures are usually used in offices. Shielded light fixtures use diffusers, lenses and louvers to cover bulbs from direct view, thereby helping to prevent glare and distribute light.

Diffusers are translucent or semi-transparent covers made usually of glass or plastic. They are used on the bottom or sides of light fixtures to control brightness

Lenses are clear or transparent glass, or plastic covers. The lens design incorporates prisms and flutes to distribute light in specific ways

Louvers are baffles that shield the bulb from view and reflect light. The baffles can be contoured to control light and decrease brightness.

Vocabulary:

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Lighting: iluminación

Glare: reflejo

Shadows: sombras

Blindness: ceguera

Cleanliness: limpieza

Awning: toldo