



## 20. Work environment - lighting



What do you see or notice in terms of:

Note: For background information, see other side.

- reflection?

- glare?

In conclusion, the current situation

is acceptable

needs improvement

What *specific* improvements can be made?

Should we analyze the situation or the proposed solutions in more detail?

no

yes - more detail on other side





## 20. Work environment - lighting

Ergonomic  
design

We looked at ...	Why be concerned? (consequences)	Recommendations
<b>Lighting: reflection and glare</b>	Poor lighting leads to: <ul style="list-style-type: none"><li>• poor vision</li><li>• reflection and glare</li><li>• poor work posture</li><li>• difficulty seeing dangerous objects/elements</li><li>• higher chance of incidents causing injury and damage</li></ul>	<ul style="list-style-type: none"><li>• Provide lighting based on the degree of perception/visibility needed, the size and contrast of objects to be handled, tool detail, etc.</li><li>• Eliminate all shiny surfaces (e.g. polished metal, glass, plastic sheeting, etc.)</li><li>• Provide even lighting on work surfaces</li><li>• Avoid major shadows and contrast</li><li>• Increase lighting on dangerous objects and elements</li><li>• Clean and maintain light fixtures on a regular basis</li></ul>

Translated and adapted from SOBANE materials, available at [www.sobane.be/fr/tms\\_obs.html](http://www.sobane.be/fr/tms_obs.html)

