Lighting Ergonomics – Checklist Fact Sheets

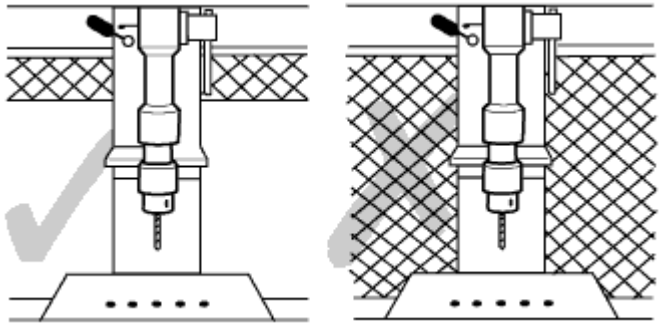


WHAT IS AN EXAMPLE OF A LIGHTING CHECKLIST?

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.

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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