

## Shine the right light on the workplace: 10 facts about proper lighting



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It is particularly important to pay attention to good lighting during winter. That's because this is the season when 80 per cent of the year's artificial lighting time is recorded in the workplace.

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Although bright sunlight can reach up to 100,000 lux, a luminous intensity of 500 to 1.500 lux is sufficient if a large number of receptors on the retina of the eye can be reached through extensive illumination.

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Uniform illumination of the entire work area promotes concentration, in contrast to selective lighting with a 'cave effect'.

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Light that can be individually adapted to one's daily routine supports the natural biorhythm by changing the light colour from cold white with a high proportion of blue to warm white with a high proportion of red.

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Dazzling light sources can cause headaches and eye fatigue.

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Warm white light encourages creative work.

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Older people and/or individuals with poor eyesight need light that is a third brighter than young people and those with good vision.

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Cold white light is energising and stimulating.

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Lighting above 1,500 lux that is too bright can reduce creativity and well-being.

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For work in the evening, sleep researchers recommend warm white light so as not to disturb the natural increase in the sleep hormone melatonin at night time.

