


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.	<input type="checkbox"/>
No troublesome reflections.	<input type="checkbox"/>
No glare along or near normal line of sight	<input type="checkbox"/>
No frequent transitions between extremes of light and dark or near and far.	<input type="checkbox"/>
Lamps covered to diffuse light evenly.	<input type="checkbox"/>
Adequate lighting of upper walls and ceilings.	<input type="checkbox"/>
Shadows eliminated.	<input type="checkbox"/>
Bright shiny objects out of view.	<input type="checkbox"/>
Lights provide steady illumination (e.g., lights do not flicker)	<input type="checkbox"/>
Workers do not complain of visual strains and/or headaches (check yes if there are no complaints)	<input type="checkbox"/>
Office	
Clear and readable images on the computer monitor.	<input type="checkbox"/>
Well-placed local lighting.	<input type="checkbox"/>
Computer monitors are positioned to reduce glare from various sources (e.g., windows, overhead lighting, etc.)	<input type="checkbox"/>
Matte finishes on furniture and equipment.	<input type="checkbox"/>
Blinds or curtains on windows.	<input type="checkbox"/>
Brightness and contrast controls are properly adjusted on the computer monitor.	<input type="checkbox"/>
Appropriate size print, and good contrast is available for reading materials.	<input type="checkbox"/>
Industry	
Very small objects are magnified in addition to good lighting.	<input type="checkbox"/>
Moving machinery parts are painted a colour which contrasts with the background.	<input type="checkbox"/>
Adequate lighting is available in storage rooms, stairways and hallways.	<input type="checkbox"/>
Simple background is located behind tasks.	<input type="checkbox"/>

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

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