**Objective: Use appropriate lighting for the type of work, the workplace, and workers’ visual capabilities.**

**Trainer’s Note**

Good lighting makes work easier and safer. Poor lighting can make it difficult and dangerous. For this module:

• Review the information on hazards caused by poor task lighting and safe task lighting practices.

• Lead a discussion about the task lighting in your own workplace. Identify hazards and possible   
 remedies.

• Review the important points.

• Have workers take the True/False quiz to check their learning.

**Background**

General lighting provides light for an entire building or facility. Task lighting, on the other hand, is the lighting available at the work area where a task is performed. Proper task lighting makes work safer and easier. Workers receive about 85 percent of their information through their eyes. Appropriate lighting highlights moving machinery and other safety hazards. That helps prevent accidents from unseen hazards. Good lighting also reduces vision problems and injuries from momentary blindness.

**Task Lighting Hazards**

Inappropriate lighting, such as using only overhead lights, can create shadows. Shadows can make work difficult and dangerous, hiding sharp edges and other potential hazards. Poor lighting can cause:

* Injuries from unseen hazards.
* Eyestrain.
* Eye irritation.
* Blurred vision.
* Dry burning eyes.
* Headaches.

**Task Lighting Safety Practices**

* Provide lighting with adjustable intensity to meet the needs of workers with visual limitations.
* Use light colors on walls, ceilings, and floors to reflect light. Keep these surfaces clean.
* Keep workplaces well lighted.
* Replace and clean lights regularly.
* To prevent shadows, light the work area, ceilings, and walls independently.
* Use task lighting when general and local lighting are not sufficient.
* Allow workers enough time for their eyes to adapt from a well-lighted to a low-lighted area and vice versa.
* Use filters to diffuse overhead lighting.
* Diffuse overhead lights.

**Review These Important Points**

* Workers receive about 85 percent of their information through their eyes.
* Shadows can make work difficult and dangerous, hiding sharp edges and other potential hazards.
* Poor lighting can cause eyestrain, eye irritation, blurred vision, dry burning eyes, and headaches.

**Verbal Quiz**

1. Use light colors on walls, ceilings, and floors to reflect light. Keep these surfaces clean. **T F**

2. Keep workplaces well lighted and replace and clean lights irregularly. **T F**

3. To prevent shadows, light the task, ceilings, and walls dependently. **T F**

4. Use task lighting when general and local lighting are not sufficient. **T F**

5. Allow enough time for your eyes to adapt from a well-lighted to a low-lighted area **T F**   
 and vice versa.

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| Answer Key | |
| 1 | T |
| 2 | F |
| 3 | F |
| 4 | T |
| 5 | T |