

Task Lighting

The Pitfalls of Overhead Lighting

Overhead lighting is not adjustable at an individual level. This can become a serious issue when you have multiple people in the same space whose eyes require different amounts of light. The plain and simple truth is that everyone's eyes are unique and require different lighting for optimal sight. Also, individuals need different amounts of light throughout the day depending on what task they are focused on.



Contrasting Light Requirements: Your Desk vs. Your Monitor

Multi-tasking is one feature of the modern-day workplace and the home that reinforces the need for more ergonomic lighting. You might find yourself frequently changing your line of sight from your computer monitor to the documents, papers, and books on your desk.

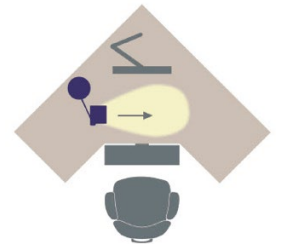
This creates a regular strain on your eyes since they are constantly switching back and forth from the brightness of your screen to the relative darkness of your desk. Monitors generate light, while paper reflects light; in fact, reading paper documents requires 4-5 times more light than reading a computer monitor. As you might imagine, this frequent back and forth adjustment on the eyes is not very desirable.

The solution is simple- increase the amount of light delivered to your desk surface so that your paper

documents are better illuminated. An ergonomic light should always be adjustable and let you decide where the light falls across your desk. This not only saves energy but also reduces the strain on your eyes.

Ergonomic Lighting Tips

- Position your desk lamp such that the light sweeps across your viewing area
- Look for an ergonomic desk lamp that has multiple pivot points for extra adjustability
- Place the lamp opposite your writing hand to minimize shadows on your work surface
- Minimize any direct light or glare by angling the shade light away from your eyes



Vision as a Function of Age

Not surprisingly, there is a negative correlation between age and the ability to see clearly. This means that more contrast between objects is needed over time in order to differentiate them. In order to achieve more contrast, more light is needed. This means that the need for ergonomic lighting increases exponentially after the age of 40. While most of us can get by with overhead lighting in our youth, the need for better lighting significantly increases with age.

Finding an Ergonomic Desk Lamp

What should you look for in an ergonomic lamp?

- A flexible design
- Adjustable light intensity
- Easily adjustability features

**Note that the qualities of an ergonomic light revolve around the idea of versatility/flexibility.*