

Lighting

Lighting and computer displays conflict constantly. For monitor use, lighting should be subdued. For other work, lighting should be higher but it often reflects off the screen surface. Frequently, complaints of “eyestrain” are due this glare and not the monitor or character size. Poor placement of the keyboard and display often compound the problem. A compromise value for the lighting level is 300-500 lux which is bright enough for most paperwork but is about 1/2 the value in most offices.

Beware of:

- overhead lights
- special lights such as EXIT signs that may only affect some stations.
- sunlight at different times and different seasons
- very short users may not be able to adjust the screen down far enough to reduce glare from overhead lights.

To reduce glare:

- Use luminaires that direct the light but are not themselves bright.
- Use uplighters and a high reflectance ceiling to give indirect lighting.
- Use computer monitors with front etched surfaces.
- Locate the monitor so that luminaires are not reflected in the display.
- Use a screen that can be adjusted to minimize glare.
- Use shields, hoods or visors. One manufacturer of graphic displays had so many complaints that their displays now come with a built-in hood to cut glare.
- Switch the screen to black text on a bright screen to swamp out the glare.

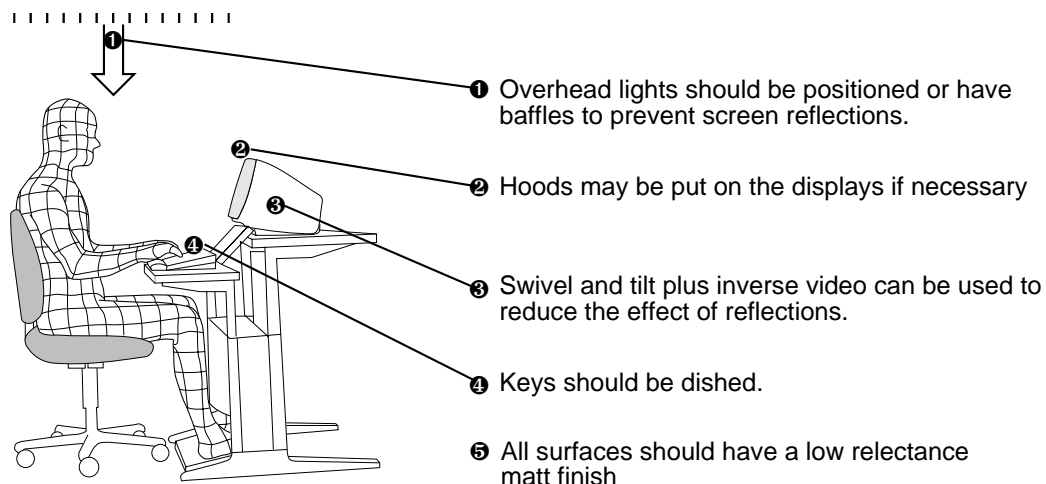


Figure 196: Glare and its reduction

This is a frequent problem in modern offices. Using a white screen with black lettering will greatly reduce the glare problem.

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