

Move WELL Work WELL

SEPTEMBER 18-24, 2022

MSI RISK FACTORS

Improper Lighting

Appropriate lighting makes tasks easier to perform both safely and efficiently. Improper lighting can adversely affect a worker's posture (e.g., painting a wall with shadows), cause eye strain, discomfort (e.g., burning), and headaches.

The quality of lighting in the workplace can impact productivity. Especially where precision is required, tasks may take longer and the quality of work may suffer. Postures held for prolonged periods, healthy or poor, increase MSI risk.

Examples of improper lighting:

- Not enough light
- Too much light
- Glare
- Improper contrast
- Poorly distributed light
- Flickering

Provide sufficient and suitable lighting for tasks. Conduct a complete lighting survey to solve more subtle or complex problems.



Familiarize yourself with the "Illumination" Regulations: Part V, General Health and Safety Requirements, Section 36, NL OHS Regulations.

WorkplaceNL

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Control Measures - General

- Use several small low-intensity light fixtures rather than one large high-intensity fixture.
- Provide adjustable local lighting .
- Use more reflected light and local lighting to eliminate shadows.
- Position light fixtures so reflected light is not directed toward the eyes.
- Use matte finishes and light colours on ceilings, walls, floors, and furniture.
- Move shiny objects out of view.
- Do not position a workstation with the light fixture directly behind worker.
- Avoid frequent transitions between extremes of light/dark or near/far.
- Cover lamps to diffuse light evenly.
- Magnify small objects.
- Place simple backgrounds behind tasks.
- Replace bulbs on a regular schedule.

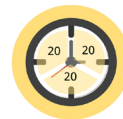
Control Measures - Offices

- Position workstation whereby monitor is between overhead light fittings and worker's line of sight is parallel to windows.
- Use a light colour on walls and other backgrounds.
- Adjust brightness and contrast controls on computer monitors.
- Illuminate documents, but not the monitor, with local lighting.
- Use filters to diffuse overhead lighting.
- Use adjustable blinds or curtains on windows.
- Use matte finishes on furniture and equipment.
- Choose appropriate size computer font.

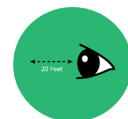
The 20-20-20 Rule



Take a Break
for 20 Seconds



Every 20 Minutes



Look at an Object
20 Feet Away

What can you do?

- Take your regularly scheduled breaks.
- Change positions and tasks frequently.
- Computer users should follow the 20-20-20 rule.
- Report ergonomics-related concerns and any signs or symptoms of MSI.

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