

TIPS FOR SAFE OPTIMAL WORKPLACE LIGHTING

During the winter months day light hours become less and can cause some areas of the workplace to become darker if not lit appropriately.

Lighting plays an essential role in proactive defense against accidents and injuries in the workplace. When lighting conditions are optimal, it can increase productivity while improving the quality of work.

Optimal lighting provides workers with an environment where they can:

- **CLEARLY READ LABELS AND INSTRUCTIONS**
- **IDENTIFY TRIPPING HAZARDS**
- **SAFELY PERFORM TASKS AT HAND**



BC Forest Safety

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The amount of lighting needed in the workplace varies. It depends on the tasks being performed, as well as the individuals involved. The minimum lighting requirements are as follows:

Lighting throughout the workplace must be maintained to a minimum illumination level to ensure safe working conditions, safe passage and the identification of hazards or obstructions as follows:

- **22 lux (2 fc)** in areas of low activity, such as parking lots, building exteriors, outside areas and basement areas housing machinery, but which are not regular task areas.
- **54 lux (5 fc)** in areas of high activity, such as frequently used walkways and building access and egress points.
- **Cap lamps or other local sources of illumination must be used if the light intensity in a work area is less than 22 lux (2 fc) and it is impracticable to provide illumination by any other means.**

For tasks which require the ability to distinguish detail an employer must provide and maintain illumination as per the table below:

1. Simple orientation for short temporary visits	Inactive storage, waiting areas, VDT screens, log loading and unloading.	50 lux
2. Working spaces where visual tasks are only occasionally performed	Stairways, freight elevators, truck loading, active bulk storage.	100 lux
3. Visual tasks of high contrast or large size	Simple assembly, hand or simple spray painting, rough lumber grading, rough woodworking and benchwork.	200 lux
4. Visual tasks of medium contrast or small size	Vehicle repair garages, sawmill filing room (work areas), medium bench or machine work.	500 lux
5. Visual tasks of low contrast or very small size	Difficult assembly tasks, difficult inspection, finished lumber grading.	1,000 lux
6. Visual tasks of low contrast and very small size over a prolonged period	Fine bench or machine work	2,000 lux
7. Very prolonged and exacting visual tasks	Exacting assembly or inspection, extra fine bench or machine work, precision manual arc-welding.	5,000 lux
8. Very special visual tasks of extremely low contrast and small size	Very detailed cloth product inspection and examination.	10,000 lux

LUX: The amount of light that is cast on a surface is called illuminance, which is measured in lux. This can be thought of as light intensity within a specific area. A measurement of 1 lux is equal to the illumination of a one metre square surface that is one metre away from a single candle.

If you identify any areas that you believe do **not** have adequate lighting to perform your work safely, please report it to your supervisor or appropriate personnel so that it can be addressed.



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