

## Lighting and visibility

Poor visibility resulting from shop layout and low lighting levels can lead to injury by:

- Causing workers to adopt awkward postures to see their work
- Causing workers to make errors so they have to repeat their work
- Resulting in unseen tripping hazards



*Low lighting levels increase the risk of injury.*

### How to minimize the risk

The risk can be minimized by improving lighting and visibility, as in the following examples.



*Maintain the overall ambient lighting levels at 500 lux, as specified in Table 4-1 in section 4.65 of the Occupational Health and Safety Regulation.*



*Provide task lighting that eliminates shadows and the need to bend down close to work.*

In addition consider the following:

- Clean existing lights, floors, walls, and safety glasses, especially in dirty, dusty environments.
- Paint walls, floors, and ceilings a lighter colour to improve light reflection.
- Install mirrors so workers can see the far side of their work.

Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number on shift: \_\_\_\_\_ Number attending: \_\_\_\_\_

**Other safety issues or suggestions made by attendees:**

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**Record of those attending:**

Name: (please print)	Signature:	Company:
1.		
2.		
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15.		

Manager's remarks: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



WORKING TO MAKE A DIFFERENCE  
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