

Lighting Ergonomics

Lighting Ergonomics - Checklist

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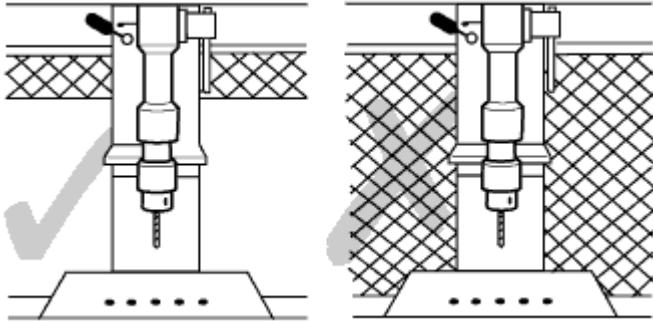
[What is an example of a lighting checklist?](#)

What is an example of a lighting checklist?

Use the checklist and answer yes or no to the following questions. Follow up on any "no" answers with corrective action. A complete lighting survey may be necessary. Please see the other OSH Answers documents on lighting for more information.

- [Eye Discomfort in the Office](#)
- [Lighting Ergonomics - General](#)
- [Lighting Ergonomics - Survey and Solutions](#)
- [Lighting Ergonomics - Light Flicker](#)

Lighting Checklist - Example	
General	
Enough light for the task.	
No troublesome reflections.	
No glare along or near normal line of sight	
No frequent transitions between extremes of light and dark or near and far.	
Lamps diffuse light evenly.	
Adequate lighting of upper walls and ceilings.	
Shadows eliminated.	
Bright shiny objects do not produce additional glare.	
Lights provide steady illumination (e.g., lights do not flicker)	
Workers do not complain of visual strains or headaches (mark yes if there are no complaints)	
Office	
Clear and readable images on the monitor.	
Well-placed local lighting.	
Monitors and workstations are positioned to reduce glare from various sources (e.g., windows, overhead lighting, etc.)	
Matte finishes on furniture and equipment.	
Blinds or curtains on windows.	
Brightness and contrast controls are properly adjusted on the monitor.	
Appropriate size print, and good contrast is available for reading.	
Industry	
Very small objects are magnified in addition to good lighting.	
Moving machinery parts are painted a colour which contrasts with the background.	
Adequate lighting is available in storage rooms, stairways and hallways.	
Simple background is located behind tasks.	

Lighting Checklist - Example	
General	
	
Maintenance	
Regular replacement of bulbs.	
Regular cleaning of light fixtures.	
Regular cleaning of walls, ceilings and task stations.	

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