

# Lighting



- Lighting depends on the task that you are doing
- Workstation lighting should be adjustable
- If using a task light it should:
  - be directed at your work
  - be out of your line of sight/not shine in your eyes
- Reduce glare by adjusting monitor and/or light sources; use screen filters if needed.
- If feasible, turn “off” some lighting;
- Adjust the brightness or contrast on your screen if needed.