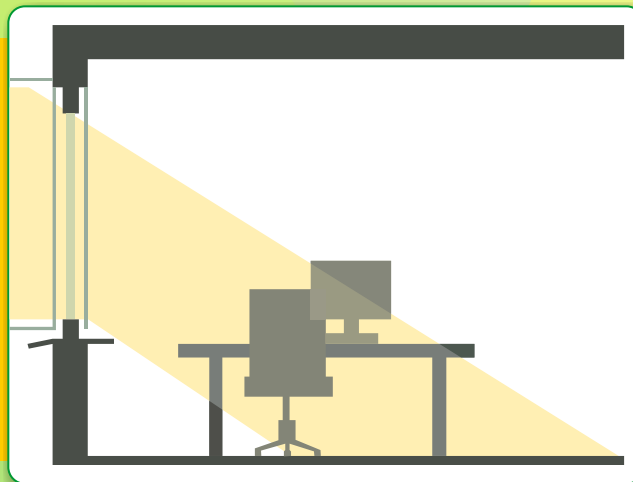


Save Energy: Lighting

Natural light is healthier than artificial light. It is also cheaper! If it is too bright you may use blinds and curtains, but do not use them so much that you need instead the artificial light!

Adjust your blinds and curtains in a way that you get enough light to read and work.

If possible, position your desk and monitor with a 90° angle to the window to get natural light but avoid direct sunlight or glare!



Think about:
“How much light is really necessary?”

For instance:
There is a big difference between corridors, where you just walk and desks, where you want to read!

International Standards for lighting of rooms:

- | | |
|--------------------------------|---------------|
| - Walkways, Corridors: | 50 - 100 lux |
| - Restaurants | 100 lux |
| - Classrooms, Conference rooms | 300 lux |
| - Office | 400 - 500 lux |
| - Hospitals – examination room | 1000 lux |

With Natural Light:

- Shady daylight 10,000 lux
- Sunlight 100,000 lux

So: “Let the (sun) light come in!..at least enough to switch off the lights!”



In cases where many lamps are attached to one switch but many of the illuminated spaces are often not in use, discuss with facility management the opportunity to rearrange the wiring or to provide with desk or standing lamp to avoid switching on all the room lights!

For more information:

<http://www.energy.gov/energysaver/tips-lighting>
<https://www.energystar.gov/>



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