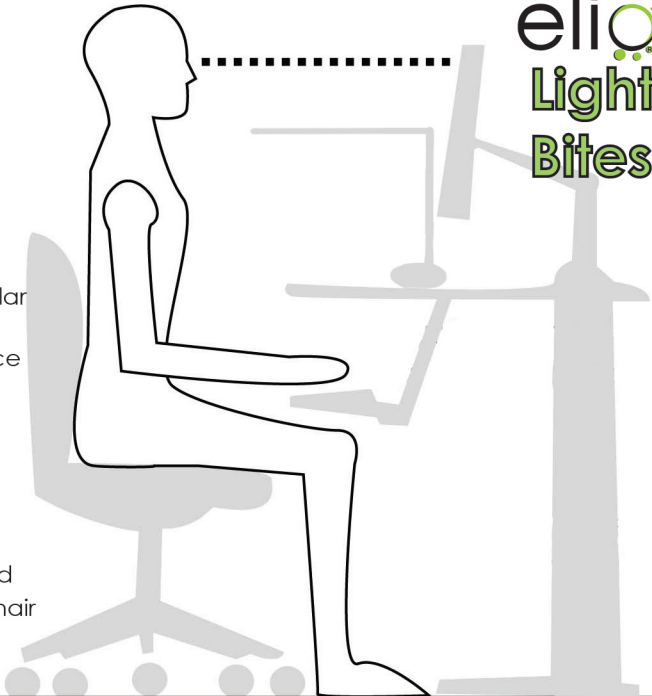


Lighting Ergonomics

1. Use task lighting to reduce glare & eye strain
2. Lower ambient light levels
3. Place monitor perpendicular to windows
4. Tilt monitors down to reduce glare
5. Feet flat on floor
6. Overhead lights parallel to users line of sight
7. Wrists flat & arms/elbows relaxed
8. Center monitor & keyboard
9. Use a quality adjustable chair
10. Take frequent breaks



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When considering office ergonomics, discussions seem to primarily be centered on posture, wrist placement, and monitor heights. Lacking from the discussion is always **lighting**, when in fact lighting plays a major role in the health and satisfaction of workers. According to an ASID study, lighting ranks **above** furniture and equipment. It's time to take a closer look at what we as industry leaders can do to improve the lighting in our buildings.

Start improving your facility today by incorporating elio task lights



Want to learn more about our LED products?
Check out our website.

www.elio-itc.com/resources/download-center