

Our aim with **elio Light Bites** is to help you to better understand lighting, how it effects office ergonomics, how you can improve existing spaces with simple lighting recommendations, and how you can generate more **high margin** sales.

Flickering Fluorescents

The flickering of fluorescent lights have been associated with causing headaches, migraines, and eyestrain, even though the flickering is not always detectable by the eye. Fluorescent tubes are filled with gas which is pulsed on and off very quickly by the ballast of the fixture to create the light. This on/off cycle creates the flickering that may not be seen but still affects us.

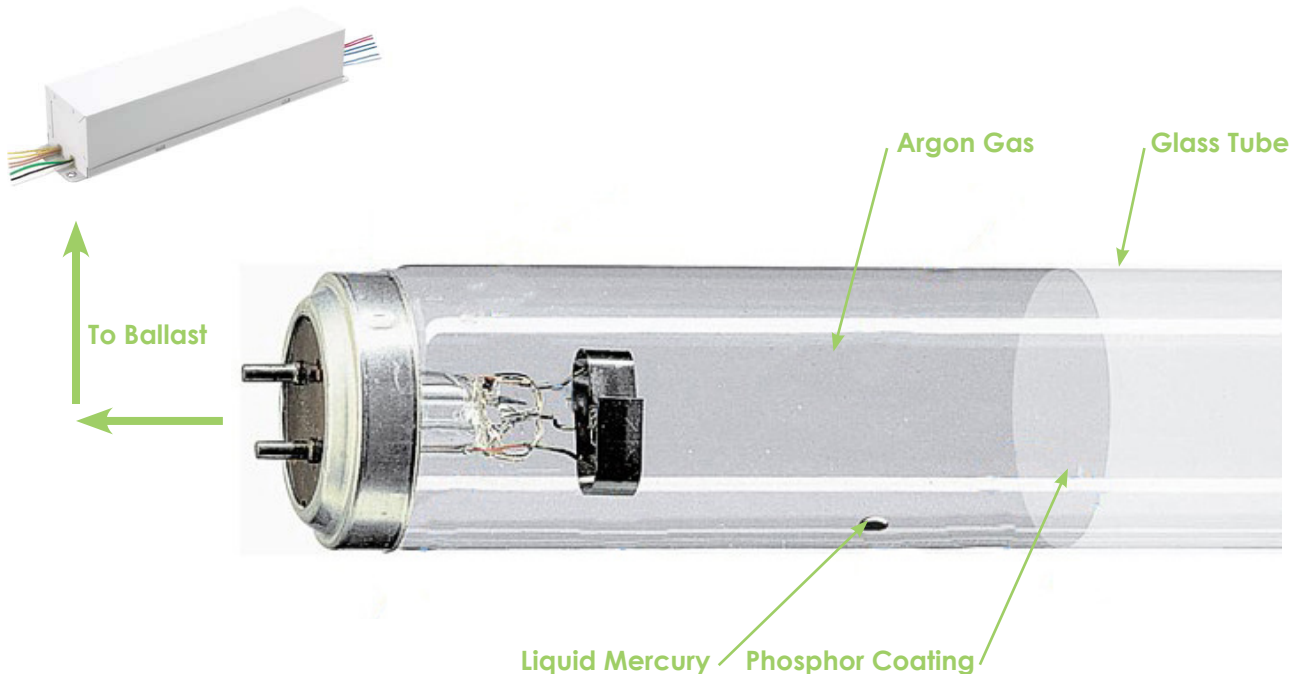


Photo courtesy of www.life-size-media.com

elio®
Light
Bites

Week 6:
Flickering
Fluorescents

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