

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.

elio® Light Bites

Week 10:
Lower Ambient Light =
Higher Worker Comfort

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Lower Ambient Light = Higher Worker Comfort

Ambient lighting is one of three lighting types that need to be considered in providing the best lighting for workers. A lower ambient light level is becoming more desirable as workers and lighting experts make the connection between over lit office space and reduced worker comfort and productivity. Over use of fluorescent lights for ambient lighting causes glare, headaches, and eyestrain. Reducing ambient to 35-40 foot candles and adding LED task lamps will improve worker comfort.



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