Seven Statistics on Lighting and Safety

Low light is almost inevitable especially in winter season due to fewer daylight. This safety article is about ensuring adequate and alternative lighting to ensure safety for workers.

1. Before walking outside in darkness remember these three things: Make sure you aren't dressed in dark clothing, cross streets only at crosswalks, intersections or traffic lights, and don't bury your head in your cellphone—stay aware of what's happening around you.
2. If your job involves driving and you must stop for any reason in darkness or near-dark conditions, one important safety tip is: never leave your vehicle unless you are wearing a reflective vest.
3. Fewer hours of daylight in the winter can bring on seasonal affective disorder—a form of depression—for about two to three percent of Canadian adults, while about 15 percent of people report periodically experiencing bouts of the "winter blues" during dark and cloudy months. (Canadian Mental Health Association)
4. Three negative effects of insufficient lighting are: increased job errors as a result of an inability to see clearly; the possibility of unsafe placement of the feet, which increases one's chances of falling; and reduced ability to see and respond to hazards.
5. Shadows can make working more difficult and dangerous in these three ways: They can hide sharp edges, they can make it difficult for workers to see spills, and they can make it hard for workers to see transitions in floor surfaces, potentially leading to slips, trips and falls.
6. Workplace lighting needs maintenance. Like anything else, lighting ages and deteriorates. It is estimated that the light output of a bulb may decrease by 25 percent after only six weeks and dust settling on bulbs can also reduce illumination, so good housekeeping and periodic replacement

of light bulbs are important considerations.

7. Three health effects of poor lighting are: a burning sensation in the eyes, blurred vision and headache.

Low light in a room cannot be beaten in some situations, but the workplace is almost always an exception. As daylight hours dwindle during winter, it’s important to ensure that artificial light is there to replace natural light. Here are seven statistics relating to lighting and safety: