

OFFICE LIGHTING GUIDE

A Summary of the Latest Health & Safety Guidelines, CIBSE Recommendations and Building Regulations for Tenants and Property Advisors

Introduction

The purpose of this guide is to provide odbggroup clients and their property advisors basic information about office lighting.

Background

For a number of years, tenants and landlords who installed or were responsible for office lighting looked for a solution to comply with Health and Safety legislation in respect of glare onto computer screens.

By utilising certain types of light fittings designated Cat 2 in a layout developed by the CIBSE guidelines¹ referred to as LG3, a general acceptance was held that compliance would be made.

Just when we all thought all things were fine, changes to the Building Regulations are being implemented in April 2006, which require reductions in energy use. A new guide² has been published, which also addresses Health & Safety in the working environment and the new Building Regulations issues.

Current Practice

Most buildings are illuminated by "Direct Lighting", which utilise recessed modular lights fitted into a suspended ceiling or fittings fixed beneath a non accessible ceiling.

Switching of the lights is mainly by banks of switches located by the entrance/exit doors.

Future Practice

Use will be made of "Indirect Lighting", which utilises units suspended from beneath the ceiling, free standing floor, furniture or wall mounted uplighters.

These directly light the ceiling and reflect downwards to provide good levels of illumination and low reflection. They are particularly useful for large open plan spaces with high usage of computer screens.

Switching of lights is achieved by means of ceiling mounted sensors and/or individual switches to offices or rooms.

Many new or newly refurbished buildings have utilised the new arrangements, once the legislation comes into effect, they will become the new norm.

For further advice on this topic, please contact us at www.odbggroup.com

References

- ¹ Office Lighting : CIBSE (Chartered Institute of Building Services Engineers)
² Lighting Guide 7 : Office Lighting : Published by The Society of Light and Lighting (Part of CIBSE)