

# WORKING FROM HOME



## Task Lighting

Generally our homes have lower levels of light intensity than the office. Insufficient brightness will result in less accuracy when completing tasks and tired eyes. An easy way to boost lighting - not requiring a rewiring of the house! - is to purchase a task lamp for your work surface.

### Tip:

Look for a lamp with a solid shade that directs light down onto the work surface. Something that is easily portable will allow you to use it in other parts of the house in the evening.

## The Colour of Lighting

Did you know short durations of higher intensity cooler coloured light will help boost concentration and accuracy? Conversely warmer tones of light helps us relax at the end of our working day. So to combat the post-lunch 'food coma' work under natural daylight or cool white light.

### Tip:

Install a cool coloured light source (cool white) in your task lamp. When you need to focus on quick detailed tasks, use the task light to boost the light conditions.

## Daylight and Glare

If you can, always choose a place to work that is lit with daylight. The changes in colour and intensity of natural daylight help to support our biorhythms and boost wellness. But be careful about glare as daylight in the middle of the day can be strong and direct sunlight on the work surface makes it difficult for our eye to focus.

### Tip:

Locate screens perpendicular to the window to avoid direct daylight falling on the screen or being silhouetted against the bright light source, making it difficult for your eyes to adjust.

## Video Calls

Make sure your face is evenly lit; natural light is always best. If you can, set up with a window in front of you. If not, use a lamp or a light in front of you shining onto your face. Check yourself in the reverse camera to make sure it is not casting any odd shadows on you. Remember to avoid having a light behind you shining into the camera - it can cause glare on other people's screens.

### Tip:

If your home workplace does not have great lighting for video calls, use a mobile device so you can move to a place where the lighting is better for you.