

# Good Practices

## Glare from Light Producing Machines

Some light-producing machines used in garment factories can be hazardous to workers. Glare from the light can cause dizziness, headaches and fatigue, and can lead to mistakes and reduced productivity. Long-term exposure can damage the workers' vision. Workers should wear suitable goggles, or guards should be fitted to the machines to deflect light away from the eyes.

### ***Good practices for shading workers from glare***

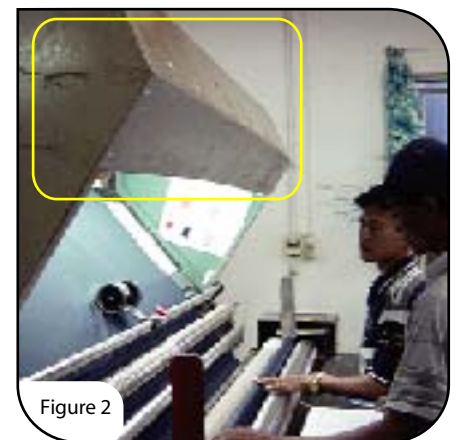
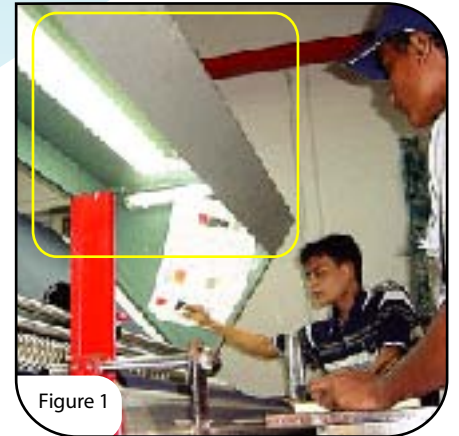
- Protect workers from glare by providing goggles or by deflecting the glare with shades (See figures 1 & 2 for examples of machines with shades fitted).
- Cover reflective surfaces with non-glossy materials. For example, paint glass surfaces with whitewash.
- Ensure light shines on to the work and not into the eyes of the worker.
- Make sure that there is enough light for workers to be able to see defects without straining their eyes.
- Change florescent light bulbs on a regular basis to ensure good lighting.

### **Benefits:**

- ✓ Reduces glare-related illness and injury
- ✓ Reduces mistakes made by tired workers
- ✓ Workers are more efficient

### **How:**

- ✓ A plank of wood or metal sheeting can be used as a light shield
- ✓ Reflective surfaces can be painted or covered with non-glossy material (such as whitewash)
- ✓ Provide tinted goggles to workers who work with bright lights



### **Cost:**

**\$**

**\$** Low cost

**\$\$** Moderate cost

**\$\$\$** High cost