Good Practices
Good Lighting

better factories Cambodia

Poor lighting in the workplace leads to lower productivity and poor quality work. It can also cause eye strain, fatigue and headaches. Conversely, better lighting enhances efficiency and productivity and reduces errors by up to 30 percent.

Good practices for good lighting

- Make full use of natural lighting through windows or skylights. This reduces electricity bills and improves the work environment (Figures 1&2).
- Windows and skylights should be regularly cleaned (Figures 1&2).
- Make full use of illumination by using light reflectors throughout the factory (Figures 1&2).
- Use a combination of natural and artificial light and adjust lighting to the task-related types of work (Figures 1&2).
- Use local lighting (needle lights) when necessary for some types of fabric, thread or seams at the needle point (Figure 3).
- Age is also important: An older worker may need twice as much as light as a younger one.


Figure 1


Figure 2


Figure 3

Benefits:

- ✓ Improved quality and higher productivity
- ✓ Decreased fatigue and work-related illnesses like eye strain and headaches
- ✓ Improved health conditions of the workers leads to a decrease in absenteeism

How:

- ✓ Provide more windows and skylights throughout the entire factory
- ✓ Install more light where necessary
- ✓ Use a luxmeter to measure lighting in various production departments
- ✓ Observe workers and ask them about their vision problems

Cost:

$ - $$

- $ Low cost
- $$ Moderate cost
- $$$ High cost

International Labour Organization

If you have any questions, contact the ILO at betterfactories@ilo.org