

# Toolbox Talk

## Lighting – Lighting on Site

### BBLP Clocktober Campaign 2022

Day length decreases by nearly two hours over the course of October, and by the 31st, the sun sets as early as 4:35pm - before the working day ends. Poor visibility due to a lack of sunlight can pose a credible hazard with potential to cause a range of accidents if lighting arrangements are not considered.

Poor lighting causes eyestrain, headaches and migraines, as well as contributing to an increased likelihood of workplace accidents through poor visibility - for example, trips, vehicle collisions and accidents involving plant. Proper lighting is crucial for a safe, productive workplace.

#### Things to consider:

- Lighting is sufficient to be able to distinguish between colours and identify potential hazards around site.
- Lamps should be fixed well away from flammable materials.
- Glare, flicker or stroboscopic effects could impair vision, cause distraction or trigger an epileptic seizure.
- Provide reliable safety lighting, including escape route and fire exit illumination.
- Floodlight down from height where possible to avoid obstruction of light and make more efficient use of the appliances.
- Maintain light fittings, inspect wiring regularly and replace any fused bulbs immediately.
- Keep bare light fittings out of natural lines of sight as well as a comfortable distance away from localised work areas e.g. desks or workbenches.

Use the lighting inspection checklist to review the lighting provision where you work.