

# LED Direct's Guide for CIBSE Recommended Lighting Levels

LED DIRECT

OFFICES		ENGINEERING		COMMUNICATION	
General	500 lux	Tool shops	300 – 750 lux	Switchboards	300 lux
Computer work stations	300 – 500 lux	Arc welding	300 lux	Post rooms	500 lux
Filing rooms	300 lux	Spot welding	500 – 1000 lux		
Print rooms	300 lux	Heavy machine assembly	300 lux		
Drawing office	500 lux	Inspection and testing	300 – 2000 lux		
Drawing boards	750 lux				
CAD design areas	300 – 500 lux				
RETAILING		BANKS & BUILDING SOCIETIES		DISTRIBUTION & STORAGE	
Small retail outlets	500 lux	Counter offices	300 lux	Loading bays	150 lux
Supermarkets	750 lux	Public areas	300 lux	Unpacking & sorting	200 lux
Hypermarkets	1000 lux			Large item stores	100 lux
DIY superstores	1000 lux			Small-item stores	200 lux
Garden centres	500 lux			Trade counter	300 lux
Showrooms	500 – 750 lux			Warehouse/bulk stores	150 lux
CIRCULATION AREAS		STAFF AREAS		Packing & dispatch	
Lifts	100 lux	Changing rooms & toilets	100 lux	Cold stores	300 lux
Corridors & stairs	100 lux	Restrooms	150 lux		
Escalators/Conveyors	100 lux	Restaurants & canteens	200 lux		
Atria	50 – 200 lux				
Atria with plants	500 – 3000 lux				
Entrances/Exits	200 lux				
KITCHENS		BUILDING SERVICES AREAS		GENERAL AREAS	
		Serving & washing up areas	300 lux	Boiler house	100 lux
		Food preparation & cooking	300 lux	Control rooms	300 lux
		Food stores	150 lux	Mechanical plant rooms	150 lux
PUBLIC ACCESSIBILITY				Electrical plant rooms	100 lux
		Churches & village halls	300 lux		
				Entrance halls & lobbies	200 lux
				Enquiry desks	500 lux
				Garages	200 lux



To discuss your project today, call

**0333 0230 827**



Or email us about your lighting project now!

**info@leddirect.co.uk**

The infographic above provides a helpful guide to the CIBSE recommended lighting levels for the most common premises types. This is only a guide and any specific building requirements need to be carefully considered. If in doubt, consult our expert LED Direct team provide advice on the correct lighting solution for any application, drawing on our decades of experience in the lighting sector.

# Cibse Lighting Guide 7

**Gary R. Steffy**

## **Cibse Lighting Guide 7:**

**Lamps and Lighting** M.A. Cayless, 2012-08-21 This book is a comprehensive guide to the theory and practice of lighting. Covering the physics of light production light sources circuits and a wide variety of lighting applications it is both suitable as a detailed textbook and as a thoroughly practical guide for practising lighting engineers. This fourth edition of Lamps and Lighting has been completely updated with new chapters on the latest lamp technology and applications. The editors have called upon a wide range of expertise and as a result many sections have been broadened to include both European and US practice. The book begins with a description of the fundamentals of light vision colour and measurement. Part II the main section of the book deals with lamps and control equipment and includes descriptions of all lamp types in use today. Part III on lighting covers both interior and exterior applications.

*Environmental Ergonomics: Principles, Methods, and Applications*

Ken Parsons, 2025-04-14 Environmental Ergonomics Principles Methods and Applications provides the philosophy principles and application of environmental ergonomics as a universal concept and considers total environments as an integration of environmental factors to which people are exposed. The book develops the definition of environmental ergonomics and presents the principles methods and application of knowledge in the areas of human response to heat and cold sound vibration light and air quality and addresses diverse environments and people. The title explains the effects of the environment on the health comfort and performance of people for all environmental components introduces environmental ergonomics as a universal subject and offers general principles and methods for measuring and representing the environment and its effects. A wide range of case studies demonstrates the application of the subject for all environmental components and for integrated environments. Special environments such as vehicles and unique populations such as people with disabilities are considered in the book. The title concludes with an in depth understanding of total environments with a description of how to conduct an environmental ergonomics survey and a case study. An ideal read for any professional or student interested in environmental ergonomics including architects occupational hygienists interior designers systems engineers civil engineers HVAC engineers and building services engineers. The title will help any reader develop a thorough understanding of the effects of the environment on the health comfort and performance of people.

[Building Services Journal](#) ,2005

*Proceedings of the First CIE Symposium on Lighting Quality* International Commission on

Illumination, 1998

*Kempe's Engineers Year-book* ,2002

**Engineer's Year-book of Formulae, Rules, Tables, Data & Memoranda** ,1999

**International Journal of Lighting Research and Technology** ,1996

*Recommended Practice on Lighting for Educational Facilities* ,2000

**Cibse Lighting Guide Lg4: Sports**

Cibse Staff, 1990-12

**Lighting Design for Schools**

Great Britain. Department for Education and Employment. Architects & Building Branch, 1999 **Lighting Design for Schools**

**Lighting for Industry and Security** Stanley Lewis Lyons, 1992 Provides a wealth of information about lighting for industrial applications and as an aid to security. As well as serving the needs of practising lighting

engineers and specifiers of lighting it will also be a valuable reference for newcomers to the lighting industry This is because technical terms and basic lighting concepts are explained in plain language Building Services ,1989 The Arup Journal ,1997 Lighting Historic Buildings Derek Phillips,1997-04 Modern lighting techniques help you showcase and beautify historic buildings Now you can design better more efficient illumination for older structures with Lighting Historic Buildings by Derek Philips You ll know how to incorporate modern lighting into buildings built decades or centuries before florescent bulbs TV screens computer monitors and OSHA requirements were invented Whether you re renovating refurbishing or expanding an illumination system lighting historic buildings shows you proven strategies and designs for using both natural and artificial light to achieve outstanding results Plus over 200 full color illustrations show you the best lighting solutions for offices residences churches industrial facilities and change of use properties worldwide Using the expert techniques you ll find in this one of kind resource you ll see how to provide modern and efficient lighting designs while retaining the original beauty and integrity of historic buildings Schools' Environmental Assessment Method (SEAM). Great Britain. Department for Education and Employment. Architects & Building Branch,1996 With inserted Certificate of achievement 1p **Safety in Swimming Pools** ,1988 BRE Digest ,2006 Encyclopaedia of Occupational Health and Safety Jeanne Mager Stellman,1998 PLEASE NOTE The paper option listed above is a SET including the 4 volume cloth version and the CD ROM Developed through an extensive process of consultation with leading professionals and health and safety institutions worldwide the new expanded and long awaited Fourth Edition of this well respected reference provides comprehensive timely and accurate coverage of occupational health and safety Lighting the Electronic Office Gary R. Steffy,1995

Improper lighting at computer terminals and other work stations can seriously damage the health of workers This book offers real solutions to that problem and systematically examines all sides of this critical issue Analyzing current legislation standards and voluntary guidelines it develops a consensus and recommends means of implementation 50 illustrations **Sports Vision** Donald F. C. Loran,Caroline J. MacEwen,1995 A text for eye care and sports medicine practitioners optical and sports manufacturers sports scientists and coaches identifying measures which optimize safe and efficient vision in sport Covers aspects including sports for the visually impaired eye injuries and eye protectors light and lighting vision correction sports optometry forensic sports vision and setting up a sports vision practice Features chapter summaries bandw and color photos a glossary vendor and organization listings and survey results Annotation copyright by Book News Inc Portland OR

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