9.4.7 Luminous ceilings

Luminous ceilings usually consist of an array of light sources contained above a translucent diffusing ceiling. The surfaces of the cavity above the ceiling are finished in a high diffuse reflectance. The cavity itself has to be high enough for the individual light sources not to be detectable through the diffusing material. Although luminous ceilings are not a form of indirect lighting, they produce a very similar light distribution. Luminous ceilings vary widely in energy efficiency depending on the transmittance of the diffusing material and the light source used. However, they almost always pose problems for access and maintenance so are rarely used in offices today.

9.4.8 Daylight

Regulation 8(2) of the Workplace Regulations states that 'The lighting in (every workplace) shall, as far as is reasonable practicable, be by natural light.' This means that the provision and control of daylight should be considered for every office. Of course, most building footprints and the fact that daylight predictably fails every night means that reliance can rarely be placed on daylight alone. What is required is a useful combination of daylight and electric light. For a comprehensive guide see SLL Lighting Guide 10: *Daylighting and window design*. For details of various approaches to combining electric lighting and daylighting in offices see SLL Lighting Guide 7: *Office lighting*. For guidance on some of the factors to consider about daylighting, see Chapter 7 of this *Handbook*.