Table 9.7 Maximum luminaire luminance limit for different types of computer screen

Screen type	Maximum luminaire luminance (cd/m^2) where some negative polarity displays are used	Maximum luminaire luminance (cd/m^2) where only positive polarity displays are used
Type 1: Good or moderate screen treatment	1000	1500
Type 2: No screen treatment	200	500

Limiting luminaire luminance is important to solving a problem of screen reflections because luminaires are often the highest luminance object in the office, but not always. Sometimes, the view out of the window will have a higher luminance and, with indirect and direct/indirect lighting, the ceiling may have the highest luminance. For indirect lighting, it is recommended that the average luminance of the major surface reflecting light, which is usually the ceiling, should be less than 500 cd/m^2 and the maximum luminance at any point should be less than 1,500 cd/m^2. Further, the luminance variation across the surface should change gradually and not suddenly. The same criteria can be applied to windows, which will usually mean fitting some form of blind.

9.3.4 Discomfort glare control

Discomfort glare is controlled by ensuring that the unified glare rating (UGR) of the lighting installation does not exceed the maximum recommended value. Table 9.8 gives the maximum UGR values for different parts of an office. It is important to appreciate that differences in UGR of less than one unit are not meaningful.

Discomfort can also be caused by a view of the sun or bright sky through a window. This source of discomfort can be limited either by the use of light shelves and similar elements of the building structure or by blinds. The best blinds are those that shield the occupants from the excessive brightness while preserving some of the view out.