

## Part 2

## Recommendations

### 2.1 Introduction

For good lighting practice it is essential that, in addition to the required illuminance, qualitative and quantitative needs are satisfied.

Lighting requirements are determined by the satisfaction of three basic human needs:

- visual comfort, providing the users of the building with a feeling of well-being – in an indirect way this also contributes to a high productivity level
- visual performance, where the users of the building are able to perform their visual tasks, even under difficult circumstances and for longer periods
- safety.

The main parameters determining the luminous environment are:

- luminance distribution
- illuminance
- glare
- directionality of light
- colour rendering and colour appearance of the light
- flicker
- daylight.

Values for illuminance, discomfort glare and colour rendering are given in section 2.5, Lighting schedule.

The following sections give information on the above topics together with recommendations for energy consumption of lighting.

### 2.2 Recommendations for daylighting

#### 2.2.1 Daylight for general room lighting

In most types of buildings, users prefer rooms to have a daylit appearance during daytime hours. This appearance can be achieved, even if there is a significant amount of daytime electric lighting, by ensuring that the changing brightness of daylight is clearly noticeable on walls and other interior surfaces. It is also necessary to achieve sufficiently bright interior surfaces to avoid glare from contrast with the sky. In order to control glare from windows, screening should be provided where appropriate.

The following values should be adopted where a daylit appearance is required.