

(Free pdf) Lighting the Electronic Office (Architecture)

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Gary R. Steffy

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Gary R. Steffy : Lighting the Electronic Office (Architecture) before purchasing it in order to gage whether or not it would be worth my time, and all praised Lighting the Electronic Office (Architecture):

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 systemically 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.

From the Back CoverHealth issues in the work environment are a priority in everyones mind. Many times, however, only the obvious issues are addressedair quality, thermal comfort and the like. Poor lighting in the electronic workplace contributes to many health-related problems. Yet lighting is typically addressed as a decorative element or as an energy waste. Lighting can be attractive and efficient, but lighting needs to be based on user needs. Headaches, backaches, and neck crampsoften attributed to poor back support, video screen color, image clarity, or flicker rateare typically the result of glare on the video display terminal (VDT), which can cause the observer to lean awkwardly in the chair. Not even the most expensive chair can correct this problem. The answer? Techniques for proper lighting that are thoroughly explained here. Lighting the Electronic Office offers efficient solutions and systematically examines all

issues of this critical problem. Written by Gary Steffy, one of the industrys top experts on the subject, this singular resource analyzes current legislative standards and voluntary guidelines, then develops a consensus and recommends means of implementation. You wont have to dig for information either; a concise outline presents all the information in one place. Steffy thoroughly explains: Transient adaptation Visual fatigue Distractions Perceived light levels Veiling reflections Youll also learn about the host of local, state, national, and international guidelines that have been developed over the past decade to improve electronic work settings, and how they differ. The author shows you how to create comfortable, productive, and healthy visual environments using specific design criteria and lighting techniques. Survey forms help you collect appropriate information and then interpret and use it. Performance guidelines are discussed along with the interpretation of lighting criteria. The author even includes detailed equipment recommendations that , when used properly, can meet the guideline criteria. How does it work? The author demonstrates his model lighting guideline with detailed case studies, each including: Lighting criteria summaries Lighting design ideas As-built results Equipment selection and specification You can easily put theory into practice using the handy resource chapter where youll find a broad list of contact addresses for obtaining the cited guidelines, as well as a contact list for the cited lighting equipment. Whether you design, manage, administer, or work in an electronic office, this comprehensive resource will tell you what you need to know about video display terminal operation and lighting, and current practice and design. About the Author About the Author Gary R. Steffy, IES, FIALD, is the founder of Gary Steffy Lighting Design, Inc., Ann Arbor, Michigan, which has provided lighting design consultation for Fortune 500 companies around the world. He is past president and Fellow of the International Association of Lighting Designers. Mr. Steffy has published widely and his firms work has appeared in numerous commercial publications.