

## Hazard: Lighting

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**Identity of Hazard(s):** This includes threats to physical and mental health associated with inadequate natural and/or artificial light. The shape, position and size of windows and the layout of rooms all affect the amount of daylight. Windows, adequate in themselves, can be obstructed externally by other buildings or by trees. The siting of external lighting (street lights and security lighting) can be annoying and cause sleep disturbance to adjacent occupiers.<sup>1</sup>

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**Primary Health Outcome(s):** Depression and psychological effects<sup>1</sup>

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**Health Alert!** The health conditions which can be caused by inadequate light include depression and psychological effects caused by a lack of natural light or the lack of a window with a view; disturbance by intrusive artificial external lighting at night; and eye strain from glare and a lack of adequate light (natural or artificial). Flicker caused by certain types of artificial light causes discomfort and may cause photo convulsive reactions to those susceptible.<sup>1</sup>

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### **Gain Control: Actions You Can Take<sup>1</sup>**

- The layout of the dwelling, particularly living rooms and kitchens, and of recreation space, should allow access for sunlight. There should be sufficient natural light during daylight hours to enable normal domestic tasks to be carried out without eyestrain.
  - Windows should be of adequate size, and of appropriate shape and position to allow for reasonable daylight penetration into rooms. There should be sufficient adequate open space outside the window to allow for adequate light penetration.
  - Artificial lighting should be positioned to provide sufficient light to enable domestic and recreational activities to be carried out without eyestrain and without creating glare or shadows. Artificial light is particularly important where domestic tasks require adequate light, for example in the kitchen over worktops, sinks and cookers.
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### **Local Resources for Detroit Residents:**

- CLEARCorps Detroit: (313) 924-4000
- Young Detroit Builders: (313) 964-2763

<sup>1</sup>[http://portal.hud.gov/hudportal/documents/huddoc?id=operating\\_guidance\\_hhrs\\_v1.pdf](http://portal.hud.gov/hudportal/documents/huddoc?id=operating_guidance_hhrs_v1.pdf)