

Illumination and Its Health Effects Among Government Office Workers

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Abstract

To determine effects of inadequate illumination among office workers 506 employees from 8 government agencies were evaluated. Illumination levels were measured in the different work areas using a Sibata Brand Luxmeter. Of the 463 total working areas measured in the different offices, only 15 areas or three percent (3%) were within the recommended lighting standards. Screening for Visual Acuity Changes (error of refraction) for both far and near vision was done with the Topcon Screenoscope. 64% (326 of 506) of employees tested had existing error of refraction.

Comparing error of refraction with duration of employment, an increasing trend was noted. Questionnaire interviews were also administered to determine the prevalence of visual symptoms. Chi-square analysis showed significant correlation between error of refraction and some subjective complaints