



**COMPUTER SCREEN
GLARE
IT'S A
HEADACHE**



Computer screen glare – it's a headache.

This problem is as old as... computer screens.

The issue is can occur two ways.

- a) Direct glare onto computer screens making it difficult to read and work. This happens when the screen is positioned facing back towards an external window. Excessive glare enters the window and reflects straight off the screen in the eyes of the operator causing significant discomfort and possible visual damage.
- b) Contrast between two light sources. This happens when the screen is positioned so the operator is viewing the screen, say against an external unshaded window. Where the contrast is too great (between a computer screen and sunlight for example), the human eye becomes strained coping with the contrast and eye strain and headaches can quickly result.

Just to illustrate this, we measure computer screen luminance in cd/m^2 (or candela per square metre) which is the standard unit or measure of luminance. It represents a luminous intensity of one candela radiating from a surface whose area is one square metre

A computer screen rates somewhere around $120 \text{ cd}/\text{m}^2$ which is nice and easy on the eyes, and a comfortable level.

Bright sunlight can clock in at a whopping $60,000 \text{ cd}/\text{m}^2$! That is a contrast of 500 times more (which explains the headaches). Even the light reflected of an adjacent white wall can be $4,000 \text{ cd}/\text{m}^2$ as a result.

It is critical that light in this environment in controlled rather than either being *uncontrolled* (no blinds) or *excluded* (by a solid treatment such as blackout, solid film or wood!).

Roller blinds are the most common solution for this type of environment. A well specified screen fabric will reduce the outside glare to nearer $2,500 \text{ cd}/\text{m}^2$ - much better.

NOTE: It's not bad if you can still see the sun! A blackout fabric will cut out everything, including the light you want. A well specified 'screen' (or mesh) fabric reduces the light by a given % and still affords a diffused view through the fabric. This is very important in any place where operatives are working all day long. It improves morale and well-being to get an outside view, with comfort.



Email us on sales@interlaceblinds.com with your requirements or if you have problem with glare.



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drawing on experience