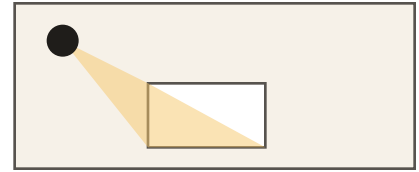


Desk lighting setup checklist

Check these once and your desk is set.



Lamp opposite writing hand

Your space

- ☐ Desk size: ____ x ____
- ☐ Daylight comes from: left / right / front / behind / none
- ☐ Some room light is on while I work.

Your work

- ☐ Mostly: screen / paper / video calls / crafts or color work
- ☐ Writing hand: left / right

The lamp

- ☐ Reach covers the middle of my work area.
- ☐ I cannot see the bright bulb or LEDs from my seat.
- ☐ It dims, and shows no flicker at low settings.
- ☐ Color temperature: ____ K (matches the room, or adjustable).
- ☐ CRI 80 or more (90 or more for color work).

Placement

- ☐ Lamp is opposite my writing hand.
- ☐ Light is aimed at the work, not my eyes.
- ☐ No reflection or glare on the screen.
- ☐ Print is easy to read without squinting.

Ongoing eye discomfort? See an eye care professional.