

## Seminar

### LIGHTING FOR LIFE

**Conveners: Veitch, J.<sup>1</sup> and O'Hagan, J.<sup>2</sup>**

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#### Summary

Apart from vision, it is interesting to note that even after decades of research we know more about the quantities and qualities of light that can do harm than we do about benefit. This seminar will bring together some of the key people involved with the research and application of knowledge on the non-vision aspects of our exposure to light. Why can't we specify lighting parameters for optimum health and well-being? Is natural sunlight exposure the best option? How do we take account of age, or of the tasks we want to carry out? Does it matter when we get the light exposure? Is light exposure history important? How can we integrate this knowledge into comprehensive application guidance for high-quality lighting? Come along and see what is known and what remains subject to research.

Rob Lucas, from the University of Manchester, was one of the co-chairs of the First International Workshop on Circadian and Neurophysiological Photometry, held in the UK in 2013. The objective was to determine if the scientific evidence supported a single action spectrum for the beneficial effects of light.

Luke Price, from Public Health England, was one of the developers of a Toolkit for assessing light sources against the five known photo-receptors in the eye.

Jens Christoffersen, VELUX Group, is actively involved in the progress with a new European standard for "Daylighting of Buildings", the European Committee for Standardization CEN / TC 169 WG11.

Jennifer Veitch, National Research Council Canada, will describe progress with CIE Technical Committee 3-46 "Research Roadmap for Healthful Interior Lighting Applications".

There will be ample time for questions and discussion.