

Safe Kitchens ● ● ● Electrical & Lighting

Safety conderations in the use of receptacles, ground fault circuit interrupters, and switches in the kitchen are covered in the "Electrical" section of this series.

Minimum lighting requirement recommendations have been revised extensively in recent years, with a corresponding increase in efficiency and a decrease in eye-strain associated with inadequate lighting. Lighting is used for utility and for creating decorative accents. Since there are no established lighting system requirements for most areas within a home, the decorative aspect often supersedes the utility aspect of home lighting.

Lighting for the kitchen area should consist of two basic types: task-area illumination and general-area illumination. Task-area lighting provides illumination for a small work area or surface, whereas general, or environ-

mental illumination, provides a source for the entire area. Neither of these lighting types can adequately substitute for the other. Both must be considered as necessary factors in the properly lighted kitchen, from the standpoint of aesthetics and safety.

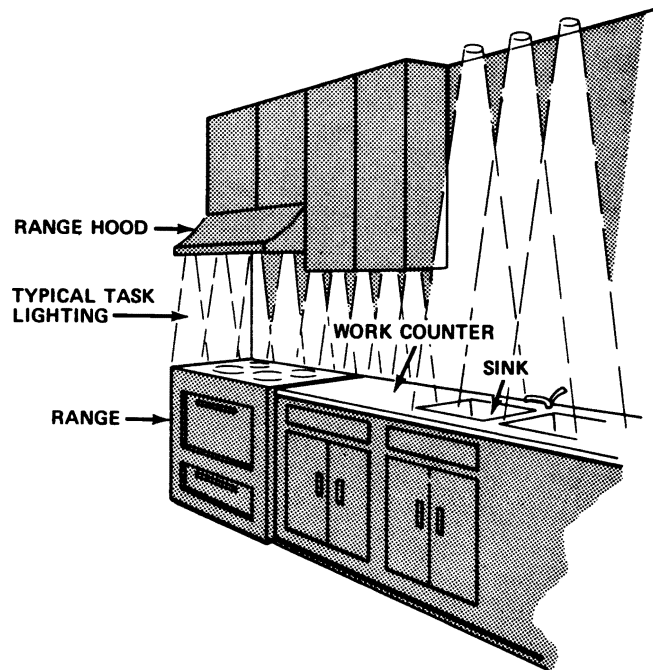
The kitchen is an area of multi-activities and one where many potentially dangerous appliances and items of equipment are used; therefore, such factors as good lighting cannot be disregarded from a safety standpoint.

Certain design considerations must be analyzed for each specific task when selecting the proper lighting system for any particular application. These include the task that is to be performed, the quantity of light required to perform the task safely, the type of light that best provides this quantity, the locations of the task, and special considerations relative to the task.

RECOMMENDATIONS: (Minimal)

The following lighting values contained in the IES Lighting Handbook are recommended for efficient and safe lighting in the kitchen:

<u>Task Area</u>	<u>Footcandles</u>
Kitchen sinks	70
Range cooking surface	50
Kitchen counters	50
Ironing boards and machines	50
Kitchen desks	30
Laundry trays	50
Washing machines	30
General lighting	30



Lighting in the kitchen shall be planned for comparatively bright environmental coverage. Individual task areas should be illuminated with task lighting which creates a minimum of shadows directly within the task area or on the task surface.

Before building, consult the **BOCA** code.

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