

NEWSLETTER

2015/2016

*Since the beginning of time man has had a need to **LIGHT UP THE WAY FOR A BETTER STANDARD OF LIVING***

***New** technology and research has led to vast improvement in how we light our homes, offices and play areas.*

New studies indicate that the quality of light affects people in many different ways. For example, office worker satisfaction and productivity can be positively affected by well-designed illumination.

Statistics and Facts

Statistics indicate that until the early 1900's most of our time (90%) was spent outside in natural sunlight. In modern today times it is shown that we spend only 10% in natural light and approximately 90% under artificially dominated light. It is estimated that children spend approximately 85% of the day indoors. This includes approximately 7 hours per day in school.

The amount of daylight that humans get on a daily basis has an impact on our psychological, emotional and physical well-being. Nothing that man has invented can compete with the power of natural illumination to keep our minds - and our eyes - sharp and focused.

The fact remains that at the end of the day the sun always sets. And then we simply need to turn on the lights. There are many man-made lights – candle light, incandescents, halogens, tube lights, CFLs and LEDs.

Each of these has its strengths – the humble candle is in its element at a romantic candle lit dinner, the incandescent bulb has given out its golden glow for over a hundred years, the tube light with its white light has its place (under the sun?) and now come the LEDs.

Let Us Help You Understand the Way Different Types of Light Affect US:

So which of the following is best for Reading or Studying or Working? Bright light or dim light? Yellow light or White light?

For Reading or Studying or Working the colour of light is not important. It is a matter of personal preference – some like yellow light while some like white light.

Most important for reading or studying or working is that the light should be just sufficient - too dim a light or too bright a light is not good for the eyes. Dim lighting causes eye strain. On the other hand too much light also causes eye strain. In either situation the eyes and the mind get tired.

So then how much light is just sufficient? The Reading and Studying we need 500-1000 lux of light.

A great deal of indoor lighting is yellow-orange, this being the “most narrow” part of the lighting spectrum. The wide green-blue-violet end is very low.

In order for our bodies to function correctly we require a complete rainbow such as that offered by natural daylight. Just as our bodies require water and air, for healthy nourishment and existence, we also require healthy lighting. A sunny day can lift the spirits of anyone.

Experts agree that without a balanced full spectrum of light for greater health benefits, in other words “outdoor natural light” we can experience many problems such as:

- ❖ Ongoing, unexplained fatigue;
- ❖ Decreasing concentration
- ❖ Stress
- ❖ Feeling unwell, headaches and depression

Adding Value. Reducing Costs. Enhancing Performance

Building owners and managers have the potential to add value, reduce costs and enhance performance through the application of good lighting. It's no secret that people are attracted to well-light public facilities, industrial and commercial shopping districts and parks.

Good lighting enhances the mood and desirability of these spaces. It contributes greatly to people's sense of well-being.

Good Lighting: Key to Optimum Warehouse Performance

A poorly illuminated warehouse is an environment ripe for errors. Most warehouse facilities have a variety of functions performed within their walls—from picking operations and packaging to shipping and receiving, light assembly and even office work. These multiple tasks make lighting design a challenge because more than one task may be performed within the same area, requiring different light levels.

Good lighting is essential in a warehouse to promote worker visibility, safety and performance. An efficiently illuminated facility will also reduce operating costs, which will impact the bottom-line.

Sunblaster

Task-Co Building Maintenance carries a range of “SunBlaster” “green” full spectrum lighting products, providing a brighter, more pleasant, natural type of light which will help you to see better, provide you with truer colors and allows you to take advantage of many health benefits.

Recommendations:

Task-Co Building Maintenance recommends “SunBlaster” lighting as it is quite simply the best light for people, pets and plants.

Additionally Task-Co Building Maintenance carries a range of excellent quality fluorescent light tubing and reflectors for across the board lighting applications.

- When choosing a “Green” product, look for the following logo.



- www.ecologo.org

Mission Statement

TASK-CO BUILDING MAINTENANCE is dedicated to providing our clients with a better quality of cleaning service and building supplies.

All internal performance standards are met with enthusiasm.

Management of TASK-CO BUILDING MAINTENANCE is committed to providing our staff and crew with the training and equipment necessary to achieve such a level of quality.

A higher standard of quality exists within the operations of TASK-CO BUILDING MAINTENANCE such that we are able to meet and/or exceed our customer’s expectations.

Our name, TASK-CO BUILDING MAINTENANCE represents exemplary excellence of service and quality to our customers, our vendors and ourselves.

100% Customer satisfaction guaranteed
Fully licensed
W.S.I.B & Contractor’s Liability Insurance
JHSC (Joint Health & Safety Certified)

- Call us for a free estimate of required lighting accessories and installation.

Coupon

20% OFF Lighting Accessories