



THE GLARE EFFECT

According to the Society of Light and Lighting there are three main types of 'Glare', which are:

- ✓ Discomfort Glare
- ✓ Disability Glare
- ✓ Veiling Reflections

Solarglide would like to take this opportunity to add a fourth addition to the 'glare' family, which is:

- ✓ Distracting Glare

DISCOMFORT GLARE

The most common type of glare experience is 'Discomfort Glare'. The classic situation would be that you are confined to one space, making it difficult to move between rooms.

Example: This area of glare occurs when people don't feel comfortable within the given lighting situation conditions (because the external light sources may not be right within your cabin area or bridge environment).



DISABILITY GLARE

Is the reduction in visibility caused by intense light sources in the field of view.

Example: This is when sunlight physically inhibits how you see, often described as being 'Dazzled'. For example, sailing towards a low-level sun can seriously diminish your ability to see clearly. This can be potentially disastrous with obstructions at sea, causing collisions with commercial ships, cruise liners or private yachts.



VEILING REFLECTIONS

Also known as 'Screen Reflections' is potentially, one of the most dangerous sources of light. Veiling light is the reflection of incidental light that can partially or totally obscure or hide the details on your Integrated Bridge Systems (IBS) and ECDIS Systems.

Example: An example would be when one looks through a pane of glass. A reflected image of a bright element or surface may be seen superimposed on what is viewed through the glass pane.



DISTRACTING LIGHT

Is especially disliked as it interferes with your focus and most importantly - your eyes.

Example: An example would be when you're watching the television or trying to focus on reading a book in your cabin or library area, but the strong light source entering your peripheral vision impairs your vision and concentration.



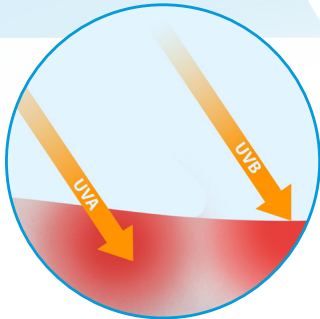
All the above-mentioned bright lights and glare, especially if it's flickering, can induce migraines. This is because bright lights including intense glare boost levels of certain chemicals in the brain, which then activate the migraine centre. It is also a little-known fact that experiences of Glare can affect a person's ability to carry-out computer-based activities.

The Health & Safety (Display Screen Equipment) Regulations 1992 state:

"Workstations shall be so designed that sources of light, such as windows and other openings, transparent or translucent walls, and brightly coloured fixtures or walls cause no direct glare and no distracting reflections on the screen. Windows shall be fitted with a suitable system of adjustable covering to attenuate the daylight that falls on the workstation".

Here at Solarglide we understand the importance of glare protection, not only for safety of a vessel but also for the health and wellbeing of crew and passengers travelling at sea. Many of our products including our bridge solar screens, privacy blinds, sheers, curtains, and adhesive films help to significantly reduce or eliminate glare. This makes for better working and leisure conditions onboard.

While you are here, it's worth enlightening you to a common misconception in regards to UVA and UVB rays.



UVA (Ultraviolet A) has a longer wavelength and **UVB (Ultraviolet B)** has a shorter wavelength, both are considered to be very harmful to your health and skin.

UVB rays are responsible for producing sunburn and also play the greatest role in causing skin cancers, including the deadly black mole cancer, known as Malignant Melanoma.



UVA rays also contribute to skin cancer formation. In addition, the UVA rays penetrate deeper into the skin, and cause the development of premature skin ageing.

Solarglide would like to take this opportunity to explain that **UVA rays ARE NOT BLOCKED BY GLASS**, in fact 50% of UVA rays can even penetrate through clouds, rain and fog, leaving your skin exposed, whilst working, relaxing or sleeping.

