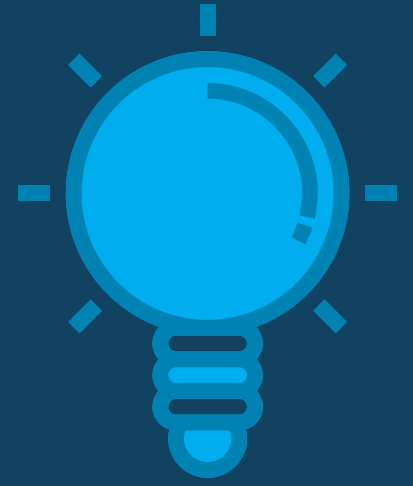


EYE-OPENING FACTS ABOUT BLUE LIGHT

WHAT IS BLUE LIGHT?

It is the portion of the **visible light spectrum** and has a wavelength between 380 and 500 nanometers (nm), which can be seen by the human eye.

It has shorter wavelengths than other visible light and emit high energy level.



SOURCES OF BLUE LIGHT



Sunlight



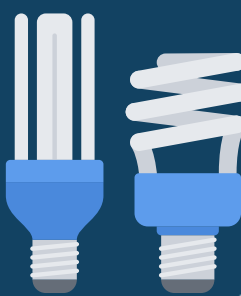
Electronic devices



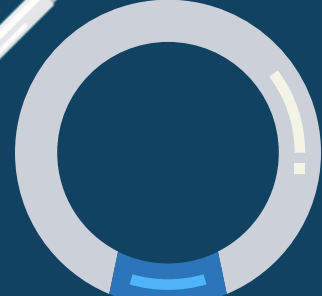
Incandescent lamps



LED lamps



Fluorescent lamps



High-Intensity Discharge (HID) lamps

Artificial light sources



WHAT IS BLUELIGHT HAZARD?

Blue light hazard is the potential for a photochemically induced retinal injury resulting from radiation exposure at wavelengths primarily between 400 nm and 500 nm.

Source: Illuminating Engineering Society



DEPARTMENT OF ENERGY
CONSUMER WELFARE & PROMOTION OFFICE (CWPO)