

#15 Topical Tip

Using strobe lighting safely

For many societies, the use of strobe lighting in shows can produce a dramatic effect. But many societies worry about using this effect because of safety concerns for both performers and audience members. If member societies would like comprehensive advice on the use of strobe lighting, they should contact NODASafe, our health and safety service, on **0845 257 6632**.

Below is some basic guidance on the use of strobe lighting:

- Although around 1 in 200 members of the general public suffer from epilepsy, only photosensitive sufferers would be affected by strobe lighting. However, many people complain of discomfort when exposed to prolonged strobe lighting effects.
- Whenever strobe lighting is to be used in a show, prior warning should always be given at the entrance to the event, and if possible, in the programme as well.
- Although there are no specific laws or regulations about strobe lighting, they should not be used for more than 30 seconds at one time and the flicker rate should be kept at or below four flashes per second.
- To reduce the risk, mount lights as high above head height as possible and try to ensure that the light is bounced off walls or ceilings so that glare is reduced (for example, they should not be used in corridors or on stairs).

For more advice on this, or any other health and safety issues, call NODASafe on **0845 257 6632**, email **nodasafe@noda.org.uk**, or visit them online at **www.noda.org.uk/nodasafemembers**.

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