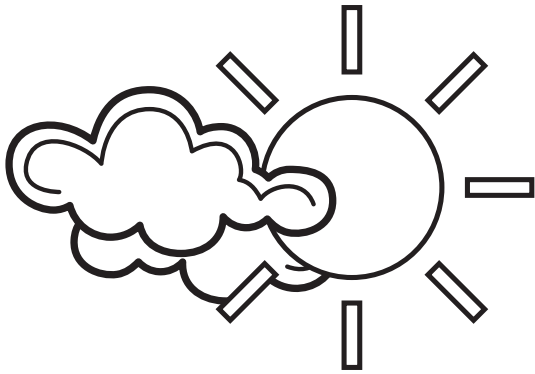


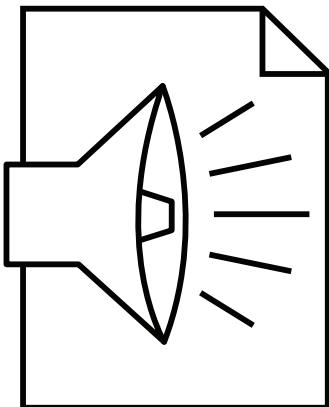
BRIGHT

BRIGHT

The best light is natural day light so where possible, sit with your back to the window and allow the light to shine on the task.



Bring the light closer to you by using an angle poise, table or standard lamp.



Do remember that most light in a room is reflected light, so if you ceiling, walls and furniture are all dark, they will not reflect the available light. Often you will find the kitchen a much brighter room to work in.

