Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Task Lighting

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Last modified date: **12th November 2026**

Task Lighting

Patient Information

Low Vision Service

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Introduction

When you have a visual impairment, it is important that you maximise your vision as much as possible.

Having the correct lighting can make a significant difference to what you are able to see.

We recommend task lighting, which is a flexible tabletop light that can be positioned over the activities you are doing.

These activities may include:

- Reading
- Writing
- Making a drink
- Preparing food
- Eating a meal
- Craft work, knitting, sewing etc

There are many good lighting options available so you may wish to shop around.

We recommend that the light is:

- flexible
- table level (to sit on a table)
- with white daylight, or a good quality LED

These are some places you may want to look to help you get started:

RNIB Shop

Website: www.rnib.org

Tel: 0303 1239999

Optima Low Vision Services LTD

Tel: 01803 864218

Email: sales@optimalowvision.co.uk

http://www.optimalowvision.co.uk/

Amazon

www.amazon.co.uk

search “LED Desk light”.

Further information on how to make lighting help further can be found on RNIB website or Macular society website.

www.macularsociety.org

www.rnib.org.uk

If you require further information about this, please contact us on

Low Vision Clinic **0300 707 2310**

Eye Clinic Liaison Officer **07729 080384**



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