Visual Hygiene

An Essay
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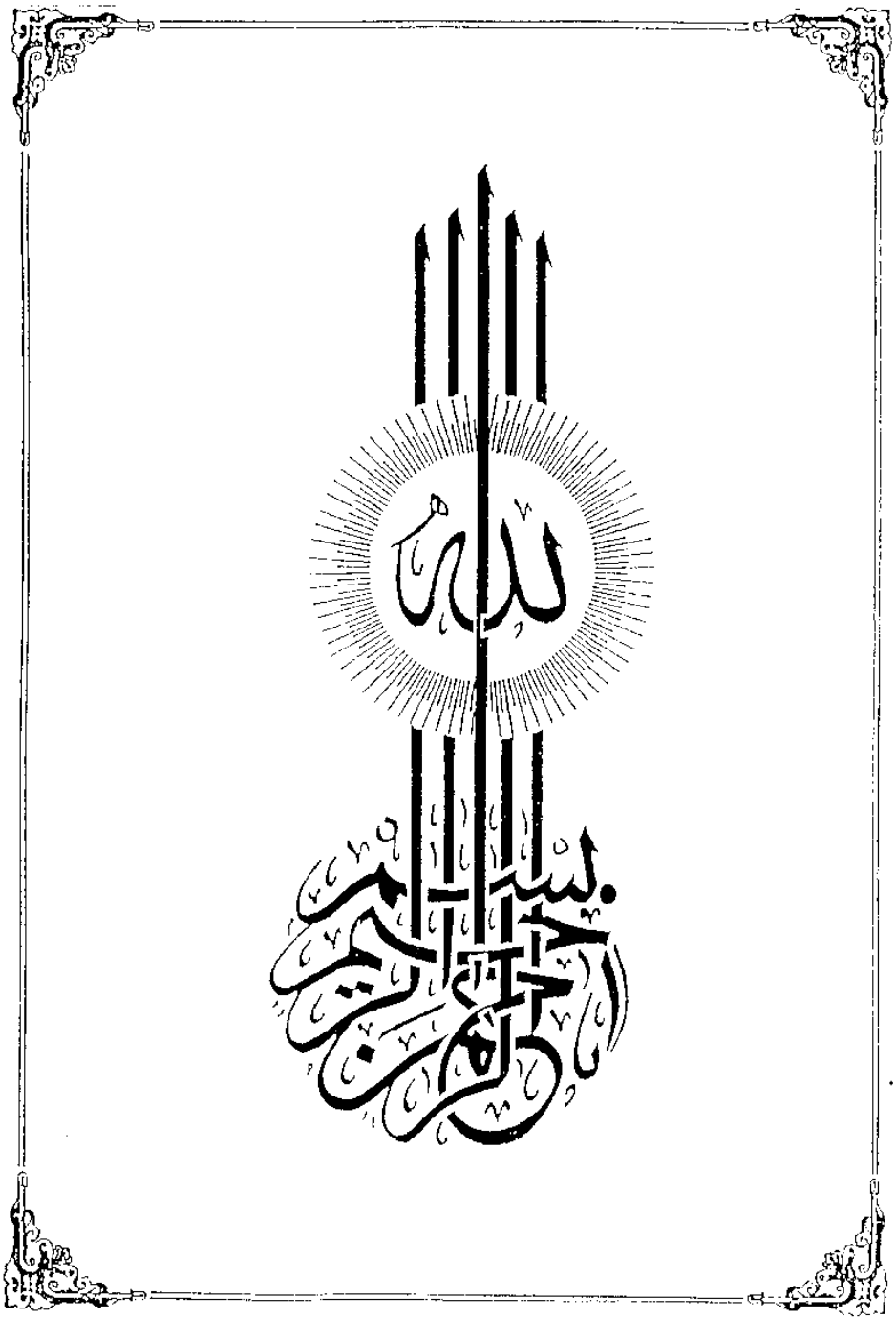

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List of Abbreviations

AMD	Age-related macular degenerations
ANSI	the appropriate American National Standard
AOP	Association of Optometrists
CIBS	Chartered Institute of Building Services
CR39	Columbia Resin 39 made of allyl diglycol carbonate
EKC	Epidemic keratoconjuctivitis
eV	Electron Volt, which measures electron energy
GHz	A billion (1x 10^9) cycles per second
HSE	Health and Safety Executive
IR A,B,C	Infra-red radiation , A (780-1400 nm) B (1400-3000nm) C (3000-10000)
J/cm^2	Joule per square meter
LASIK	laser in situ keratomileusis
LGV	Large goods vehicles
lm/m^2	lumen per square meter
lx	Lux = $lumen/m^2$ a unit of Illuminance
MHz	A million (1x 10^6)cycles per second
MPE	Maximum permissible exposure
mW	Milliwatt
NIOSH	US national Institute of Occupational safety and Heath
PCV	Passenger-carrying vehicles

PUVA	Psoralen Ultra-violet A treatment (A treatment for psoriasis)
Rad	Rad is defined as the absorbed dose of radiation when 1gm of material absorbs 100 ergs of energy; 1 rad = 10^{-2} J/kg
TRRL	Transport and Road Research Laboratory
UV A, B, C	Ultra-violet radiation A (315-400nm) B (280-315nm) C (200-280nm)
WHO	World Health Organization