

Contrast step C_{Y_i} ($i=1$ to 8), CIE tristimulus values Y_W and Y_N according to ISO 9241-306 ¹⁾					
Contrast step C_{Y_i} and Y -ratio ($i=1 \dots 8$)	CIE tristimulus value; ratio $Y_W : Y_N$ White W and Black N	CIE tristimulus value; range $Y_{N1} \dots Y_{N2}$	Display (E) illuminance ²⁾ ; ratio lux $E_{WE} : E_{NE}$	Display (P) luminance ²⁾ ; ratio [cd/m ²] $L_{WP} : L_{NP}$	application and colour mode at work place; illuminance on display 500 lux or 250/125/62 lux
C_{Y8} 288:1	88,9 : 0,31	0,00 ... <0,46	125*36 : 015	36*36 : 4,5	display, only 062 lux
C_{Y7} 144:1	88,9 : 0,62	0,46 ... <0,93	125*36 : 031	36*36 : 09	display, only 125 lux
C_{Y6} 72:1	88,9 : 1,25	0,93 ... <1,87	125*36 : 062	36*36 : 18	display, only 250 lux
C_{Y5} 36:1	88,9 : 2,50	1,87 ... <3,75	125*36 : 125	36*36 : 36	display and surface
C_{Y4} 18:1	88,9 : 5,00	3,75 ... <7,50	125*18 : 125	36*18 : 36	display and surface
C_{Y3} 9:1	88,9 : 10,0	7,50 ... <15,0	125*09 : 125	36*09 : 36	display and surface
C_{Y2} 4,5:1	88,9 : 20,0	15,0 ... <30,0	125*4,5 : 125	36*4,5 : 36	display and surface
C_{Y1} 2,25:1³⁾	88,9 : 40,0	30,0 ... <60,0	125*2,25 : 125	36*2,25 : 36	display and surface
1) The example is intended for data projectors (P). The standard contrast step (bold) $L_{WP}=36*36$ cd/m² is hard to reach. 2) 500 lux corresponds to the viewing luminance $L_V=36$ cd/m² for the standard offset paper (S) with the tristimulus value $Y_W=88,9$. 3) For the contrast $C_Y=2:1$ the viewing luminances of both the black in the projection and the white standard offset paper are equal (!). Visual fatigue caused by the adaptation luminance ratio 36:1 of the black at the screen and the black at the paper shall be reduced. If for example a grey screen with the CIE tristimulus value $Y_Z = 22,2$ ($=0,25*88,9$) is used the contrast step C_{Y_i} remains constant. Then the luminance ratio of all colours at the screen and the paper has reduced to 9:1. This reduces visual fatigue.					