

Contrast steps C_{Y_i} ($i=1$ to 8), CIE tristimulus values Y_W and Y_N according to ISO 9241-306¹⁾

Contrast step C_{Y_i} and Y-ratio ($i=1 \dots 8$)	CIE tristimulus values; Ratio $Y_W : Y_N$ of White W and Black N	CIE tristimulus values; Range $Y_{N1} \dots Y_{N2}$	Paper (S) luminance ²⁾ ; Ratio $[cd/m^2]$ $L_{WS} : L_{NS}$	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_{Y_8} 288:1	88,9 : 0,31	0,00 ... <0,46	142 : 142/288	142*36 : 018	display, only 062 lux
C_{Y_7} 144:1	88,9 : 0,62	0,46 ... <0,93	142 : 142/144	142*36 : 035	display, only 125 lux
C_{Y_6} 72:1	88,9 : 1,25	0,93 ... <1,87	142 : 142/72	142*36 : 071	display, only 250 lux
C_{Y_5} 36:1	88,9 : 2,50	1,87 ... <3,75	142 : 142/36	142*36 : 142	display & surface
C_{Y_4} 18:1	88,9 : 5,00	3,75 ... <7,50	142 : 142/18	142*18 : 142	display & surface
C_{Y_3} 9:1	88,9 : 10,0	7,50 ... <15,0	142 : 142/09	142*09 : 142	display & surface
C_{Y_2} 4,5:1	88,9 : 20,0	15,0 ... <30,0	142 : 142/4,5	142*4,5 : 142	display & surface
C_{Y_1} 2,2:1³⁾	88,9 : 40,0	30,0 ... <60,0	142 : 142/2,25	142*2,25 : 142	display & surface

1) The example shows data for data projectors (P). The standard contrast step (bold) with $L_{WP}=142*36 \text{ cd/m}^2$ is hard to reach.

2) 500 lux corresponds to the viewing luminance $L_v=142 \text{ cd/m}^2$ 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_1} remains constant.

Then the luminance ratio of all colours at the screen and the paper has reduced to 9:1. This reduces visual fatigue.