Index	Wavelength nm	Exposure limit value	Units	Comment	Part of the body	Hazard
g.	380-1 400 (Visible and IRA)	$L_R = \frac{2,8 \cdot 10^7}{C_\alpha}$ for t >10 s	[W m^{-2} sr^{-1}]	C_α = 1,7 for α ≤ 1,7 mrad C_α = α for 1,7 ≤ α ≤ 100 mrad C_α = 100 for α > 100 mrad λ_1= 380; λ_2= 1 400	eye retina	retinal burn
h.	380-1 400 (Visible and IRA)	$L_R = \frac{5 \cdot 10^7}{C_\alpha t^{0,25}}$ for 10 µs ≤ t ≤ 10 s	L_R:[W m^{-2} sr^{-1}] t: [seconds]			
i.	380-1 400 (Visible and IRA)	$L_R = \frac{8,89 \cdot 10^8}{C_\alpha}$ for t <10 µs	[W m^{-2} sr^{-1}]			
j.	780-1 400 (IRA)	$L_R = \frac{6 \cdot 10^6}{C_\alpha}$ for t > 10 s	[W m^{-2} sr^{-1}]	C_α = 11 for α ≤ 11 mrad C_α = α for 11≤ α ≤ 100 mrad C_α = 100 for α > 100 mrad (measurement field-of-view: 11 mrad) λ_1= 780; λ_2= 1 400	eye retina	retinal burn
k.	780-1 400 (IRA)	$L_R = \frac{5 \cdot 10^7}{C_\alpha t^{0,25}}$ for 10 µs ≤ t ≤ 10 s	L_R: [W m^{-2} sr^{-1}] t: [seconds]			
l.	780-1 400 (IRA)	$L_R = \frac{8,89 \cdot 10^8}{C_\alpha}$ for t < 10 µs	[W m^{-2} sr^{-1}]			
m.	780-3 000 (IRA and IRB)	E_{IR} = 18 000 $t^{-0,75}$ for t ≤ 1 000 s	E: [W m^{-2}] t: [seconds]		eye cornea lens	corneal burn cataractogenesis
n.	780-3 000 (IRA and IRB)	E_{IR} = 100 for t > 1 000 s	[W m^{-2}]			

Index	Wavelength nm	Exposure limit value	Units	Comment	Part of the body	Hazard
o.	380-3 000 (Visible, IRA and IRB)	$H_{skin} = 20\,000\ t^{0,25}$ for $t < 10$ s	H: [J m^{-2}] t: [seconds]		skin	burn

Note 1: The range of 300 to 700 nm covers parts of UVB, all UVA and most of visible radiation; however, the associated hazard is commonly referred to as '*blue light*' hazard. Blue light strictly speaking covers only the range of approximately 400 to 490 nm.

Note 2: For steady fixation of very small sources with an angular subtense < 11 mrad, L_B can be converted to E_B. This normally applies only for ophthalmic instruments or a stabilized eye during anaesthesia. The maximum 'stare time' is found by: $t_{max} = 100/E_B$ with E_B expressed in W m^{-2}. Due to eye movements during normal visual tasks this does not exceed 100 s.