## Lighting What does NO/RO, CF, HO, and VHO mean?

When you are dealing with fluorescent lamps you have different output levels of lumens and watts per bulb. Typically lamps are as follows: NO/RO (Normal Output/Regular Output) 2ft-20w, 3ft-30w, 4ft-40w, 6ft-60w. When you get to VHO lamps (Very High Output) a 20watt becomes 75w, 30 becomes 95, 40 becomes 110, and 60 becomes 160. CF stands for Compact Fluorescent (may be called PC for power compact) and is normally a bulb that loops back on itself and has one connector with more than 2 pins on it. The NO, HO, and VHO bulbs are not interchangable with each other and require special fixtures that support them (including special ballast)

Unique solution ID: #1052 Author: Stephen Single

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