

$$E = \sum_{250}^{400} V_i(\lambda) * I(\lambda) * t_{\text{exp}}$$

where: E = Erythema Effective Exposure (dose: Joules per square meter)

V_i = Weighting Factor (Erythema Action Spectrum)

I = Spectral Irradiance (Watts per square meter per nanometer)

t_{exp} = exposure time (seconds)