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In This Issue:

**Highlight of 2019**

 **Digital Eye Strain**

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|  Safety Net(work) Produced by Department of Administration Bureau of State Risk ManagementProduced by Department of Administration Bureau of State Risk Management |

Safety Spotlight:

[National Radon Action Month](https://www.epa.gov/radon/national-radon-action-month-event-planning-kit)



Highlight of 2019

What was your favorite highlight of 2019? Mine was working with the very talented team that developed the updated Office Ergonomics Self-Assessment training tool.

Below are the instructions on how to access the Office Ergonomics Self-Assessment training tool for Enterprise Learning Management users:

1. Log in to Enterprise Learning Management:

<https://starelm.wi.gov/psp/pelprd/?cmd=login&languageCd=ENG&>

1. On the ELM Employee Self Service Home Page Click on Find Learning Icon:
2. At top of page in the “Enter Search Keyword” type the word “Ergonomics” and press enter:



1. Click on “Office Ergonomics Self-Assessment”:



1. Click on “Enroll” & “Launch”.

**“Vision with action is stronger than hindsight of 20/20.”**

**-Montgomery Eye Care**

1,286

Claims

FY20 YTD

[Hazardous Chemicals in the Workplace?](https://dsps.wi.gov/Documents/Programs/PublicSafety/SBD6894.pdf)

Workers Comp

Quote of the Month:

Five Minutes for Safety:

 315

 268

Claims

FY19 YTD YTD

Lost Time

FY20 YTD

Lost Time

FY19 YTD

1,373

DIGITAL EYE STRAIN

[The Vision Council](https://www.thevisioncouncil.org/content/digital-eye-strain) reports that 59 percent of people who routinely use computers and digital devices experience symptoms of digital eye strain (also called computer eye strain or computer vision syndrome). [AllAboutVision.com](https://www.allaboutvision.com/cvs/irritated.htm) shares that symptoms of computer vision syndrome may include eye fatigue and discomfort, dry eyes, headaches, blurred vision, neck and shoulder pain, eye twitching and red eyes. Additionally, [AllAboutVision.com](https://www.allaboutvision.com/cvs/irritated.htm) provides ten easy steps to take to reduce the risk of eye strain and other common symptoms of computer vision syndrome (CVS):

1. **Get a comprehensive eye exam** – having a routine comprehensive eye exam every year is the most important thing to prevent or treat computer vision problems.
2. **Use proper lighting** – eliminate exterior lighting by closing blinds and reduce interior lighting by using fewer light bulbs or lower intensity bulbs.
3. **Minimize glare** – consider installing an anti-glare screen on display and if possible, paint bright white walls a darker color with matte finish. Eyewear users purchase lenses with anti-reflective (AR) coating.
4. **Upgrade your display** – if needed, replace any old tube-style monitors (called a cathode ray tube or CRT) with a flat-panel LED (light-emitting diode) screen with an anti-reflective surface. Choose a relatively large display (diagonal screen size of at least 19 inches) with high resolution (a “dot pitch” of .28 mm or smaller).
5. **Adjust your computer display settings** – generally these adjustments are beneficial:
	1. Brightness – adjust the display so it’s approximately the same brightness of surrounding workstation. As a test, look at the white background of this document, if it looks like a light source, it’s too bright. If it seems dull and gray, it may be too dark.
	2. Text size and contrast – adjust the text size and contrast for comfort. Usually black print on white background is the best combination for comfort.
	3. Color temperature – blue light is short wavelength visible light that is associated with more eye strain than longer wavelength hues, such as orange and red. Reducing the color temperature on display lowers the amount of blue light emitted by a color display for better long-term viewing comfort.
6. **Blink more often** – to reduce risk of dry eyes during computer use, try this exercise: Every 20 minutes, blink 10 times by closing eyes as if falling asleep (very slowly). This will help rewet eyes.
7. **Exercise your eyes** – to reduce risk of tiring eyes by constant focus on the screen, look away from the computer at least every 20 minutes and gaze at a distant object (at least 20 feet away) for at least 20 seconds. Some eye doctors call this the “20-20-20 rule.” Looking far away relaxes the focusing muscle inside the eye to reduce fatigue.
8. **Take frequent breaks** – to reduce risk for computer vision syndrome and neck, back and shoulder pain, take frequent breaks during the workday (at least one 10-minute break every hour). During these breaks, stand up, move about and stretch arms, legs, back, neck and shoulders to reduce tension and muscle fatigue.
9. **Modify your workstation** – Adjust workstation and chair to the correct height assuming neutral posture. Position computer screen so it’s 20 to 24 inches from eyes. The center of screen should be about 10 to 15 degrees below eyes for comfortable positioning of head and neck.
10. **Consider computer glasses** – for greatest comfort at the computer, there may be a benefit from customized computer glasses. An eye doctor may be able to modify prescription eyeglasses. Also, consideration for photochromic lenses or lightly tinted lenses for computer eyewear to reduce exposure to potentially harmful blue light emitted by digital devices, may be consulted with an eye doctor.

Consumer Safety

[United States Consumer Product Safety Commission](http://www.cpsc.gov/)

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