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#### Preventing CVS

- ❖ Optimally, the center of the screen should be 4-5 inches below eye level and 20-28 inches away from eyes.
- ❖ Use a document holder so the head does not have to be repositioned from document to screen.
- ❖ Position screen to avoid glare from lighting or windows.
- ❖ Consider using a glare reduction filter on screen.
- ❖ Blink frequently to minimize the chances of dry eyes.
- ❖ Rest eyes if possible, look into the distance for 20 seconds for every 20 minutes of computer time.

March is Workplace Eye Awareness Month. This month's newsletter offers some suggestions and guidelines to help you educate your team on workplace eye safety.

### Computer Vision Syndrome (CVS)

Computer Vision Syndrome (CVS) affects more than 60 million Americans. For those in an office setting, the average American worker spends seven hours a day, whether remotely at home or in the office, on a computer or tablet. CVS isn't a specific problem, rather it encompasses a whole range of eye strain and pain experienced by computer users.

The most common symptoms include;

- Eyestrain
- Headaches
- Blurred vision
- Dry or irritated eyes
- Neck and shoulder pain
- A combination of symptoms

and may be caused by:

- Poor lighting.
- Glare on a digital screen.
- Improper viewing distances.
- Poor seating posture.
- Uncorrected vision problems.
- A combination of these factors.

Many of the visual symptoms experienced by users are only temporary and will decline after stopping computer work or use of the digital device. However, some individuals may experience continued symptoms even after stopping work at a computer. If nothing is done to address the cause of the problem, the symptoms will continue to recur and perhaps worsen with future digital screen use.

Take a screen "time out" every 2 hours if possible. You only have one pair of eyes, so protect them!

### Daylight Savings Sleep Debt Time

March is daylight savings time, when most of us lose at least an hour of sleep, resulting in what is known as "sleep debt." Also known as sleep deficit, you have sleep debt when you sleep fewer hours than your body needs.

Sleep debt is an important off-the-job safety topic. Research has shown it can take up to four days to recover from one hour of lost sleep. It may not seem like a big deal, but lost sleep accumulates and can lead to decrease concentration, motivation, reaction times, accuracy, and attention and increase errors, which can impact work in a negative way. The Occupational Safety and Health Administration has found that workplace injuries increase by nearly 6% in the days following the time change.

Employers can help workers adjust to this time change with a few suggestions;

- Four days before the time change, wake up, eat, and sleep 15-20 minutes earlier each day to prepare your body for the change.
- About an hour before bedtime, dim the lights, and avoid electronic screens to help the body adjust to new wake up and sleep times.
- Obtain quality sleep in the nights leading up to the time change.





### Do's and Don'ts for minor eye scratches

- DO rinse - Rinse the eye with a saline solution or clean water to help flush any foreign substance in the eye.
- DO blink - Blinking often can also help rid the eye of small particles.
- DON'T Rub – Rubbing your eye can make the scratch worse and more irritated.
- DO wear sunglasses if eye is sensitive to light while it heals.
- DON'T wear contacts. They can slow the healing process and cause complications.
- DON'T use over the counter redness relieving drops. Ask a doctor before using any eye drops.
- DO see a doctor is if pain persists, or eye condition worsens.

## Eye Injuries

Eye injuries are very common in the workplace. The National Institute for Occupational Safety and Health (NIOSH) reports that every day about 2,000 U.S. workers sustain job-related eye injuries that require medical treatment. However, safety experts agree that the correct eye protection can lessen the severity or even prevent 90% of these eye injuries. The proper PPE such as safety glasses, goggles, side shields, face shields, and welding helmets can go a long way towards protecting your eyes.

### What are some potential eye injuries at work?

1. Scratch or scraping injuries – foreign objects such as dust, metal shavings, wood shavings, and other particles that enter the eye and cause irritation or scratch the eye
2. Blow to the eye – any object that accidentally hits the eye or eye area which could cause bruising, swelling, bleeding, blurred vision and pain.
3. Penetrating injuries – when objects such as staples, nails, metal or other items go through or partially through the eye causing blunt force trauma. This type of injury can result in vision loss.
4. Chemical burns – when liquids containing certain chemicals such as ammonia, bleach, fertilizer, acids, aerosol sprays, and other cleaners and solvents splash or spray into the eyes.
5. Flash burns - when an extremely strong heat or light source burn the surface of the eye, the most common workplace source being a spark from a welding torch.

### Treating Eye Injuries

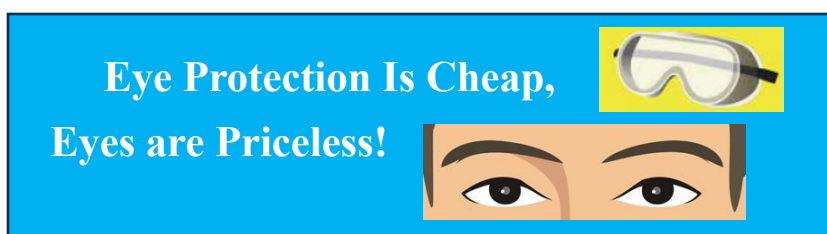
For serious injuries, do not attempt to treat yourself. Eye injuries can cause vision loss or blindness. That's why having an ophthalmologist or other medical doctor examine the eye as soon as possible is important, even if the injury seems minor at first to avoid further damage or complications.

Call 911 if anything is sticking out of the eye.

For a blow to the eye, apply ice or a cold compress, but don't put pressure on the eye. Take over-the-counter acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for pain. If there is bruising, bleeding, change in vision, or it hurts when your eye moves, see a doctor right away.

For chemical or flash burns, do not rub the eyes. Immediately wash out the eye with lots of clean water. Seek medical help immediately after 15 to 20 minutes of continuous flushing. Don't bandage the eye.

If your eye has been cut or punctured, gently place a protective rigid cover over the eye, like the bottom half of a paper cup. Do not apply any pressure and seek immediate medical attention. Do not rinse with water, rub the eye, or try to remove any objects stuck in the eye. Do not take aspirin or other anti-inflammatory medication as it may increase the bleeding.



Ultimately, it's up to each individual! Don't lose sight of safety, Protect your eyes!