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# Weekly Safety Tip

"Your Connection for Workplace Safety"

Phone: 920-208-7520

*We're about service, commitment, results, and accountability!*

*Our Weekly Safety Tip provides valuable and current safety information relevant for Work, Home & Play.*

*And, you will be kept current on the latest Safety Compliance issues.*



**SCI SAFETY NEWS OR TIP**



**SCI OSHA NEWS OR COMPLIANCE**



**SCI HEALTHYLIVING and WELLNESS NEWS**

**We want to hear from you! Send us your feedback and give us ideas for future safety topics.**

**Let us know how you feel about our new look!**

**Safety Slogan**

**Accident prevention  
– Your No. 1 intention  
James Lehrke-SCI**

**of the week**

## SCI Safety Tip: Tips to Avoid Computer Monitor Eyestrain

Sources: <http://www.blr.com>

Date: July 18, 2011

*Employees bleary-eyed after hours on the computer? Help them avoid eyestrain with these simple tips.*

Employees who work all day at a computer are at risk for eyestrain unless they take some simple precautions. As a senior legal editor at BLR, David L. Galt knows first hand about working at a computer monitor all day. He offers these tips to help employees avoid the eyestrain that comes with computer work.

- **Look away from the monitor for 30 seconds, every 15 or 20 minutes.** Look at or scan things at least 20 feet away to allow the eyes to focus in a rest position.
- **Reposition monitor distance 20" to 26" from your eyes** (roughly the distance from your eyes to the end of your index finger with arm outstretched). Otherwise, you'll be forced to sit or lean too close to the screen, or sit too far away. If your eyeglass prescription does not allow clear vision at the 20" to 26" range, get it adjusted.
- **Reset monitor height so that the top edge is even with your view when looking straight ahead.** Then tilt the screen upward so you are not looking at the image at an angle. The optimal screen position is 10 to 20 degrees below eye level.
- **Reset the monitor screen resolution, the Internet browser text size, and the zoom and font default in the operating system and in software applications** so that text is easy to read. Start with a screen resolution of 600x800 for older CRT monitors and 1024x768 or higher for LCD (flat screen) monitors. Monitor refresh rate should be set at or above 75 hertz (hz) on older CRT models. Refresh rate is irrelevant for LCD monitors and is factory set, usually 60 hz.
- **Blink often** (put a sticky note on your monitor!). The average blink rate is 22 times per minute. The rate goes down to 7 per minute when looking at a monitor—this causes the eye lens to dry out. Use an eye moistener (saline solution) if you can't get into the habit of blinking more often.
- **Relax eye muscles.** Put the palm of your hands over your eyes for a minute or so, once every half hour. This warms the muscles around the eyes, relaxing them.

- **Minimize glare.** Make sure the background light level around the monitor is about the same as the screen light level. Minimize direct sunlight or bright lights in front of the monitor or directly behind it.
- **Adjust the contrast and brightness to levels** you use when reading a book comfortably. A bright screen causes eyestrain.
- **Use a paper holder to hold documents.** Put the document at the same level as the monitor, or attach it to the monitor. This prevents repetitive neck and eye movement from paper to screen.

## OSHA Compliance: OSHA Violations: What Does 'Willful' Really Mean? (Part 1)

Source: <http://www.blr.com>

Date: July 13, 2011

*Which violations rise to the level of "willful" in the eyes of OSHA? Find out what compliance officers are trained to look for.*

According to the *OSHA Field Inspection Reference Manual*, a willful violation of OSHA standards occurs whenever the evidence shows either an intentional violation or "plain indifference" to the requirements of the regulations.

### Intentional and Knowing

- OSHA will consider that an employer has committed an intentional and knowing violation if the employer:
- Was aware of the requirements of the Occupational Safety and Health Act, or the existence of an applicable standard, and was also aware of a condition or practice in violation of those requirements, and did not abate the hazard.
- Was not aware of the requirements of the Act or standards, but was aware of a comparable legal requirement (e.g., state or local law) and was also aware of a condition or practice in violation of that requirement, and did not abate the hazard.

### Plain Indifference

OSHA will consider that an employer has committed a violation with plain indifference to the law whenever:

- Upper management was aware of an OSHA requirement applicable to the company's business but made little or no effort to communicate the requirement to lower level supervisors and employees.
- Company officials were aware of a continuing compliance problem but made little or no effort to avoid violations (for example, repeat violations for the same or similar condition).
- An employer was not aware of any legal requirement, but was aware that a condition or practice was hazardous to the safety or health of employees and made little or no effort to determine the extent of the problem or to take the corrective action. (Knowledge of a hazard may be gained from such means as insurance company reports, safety committee or other internal reports, the occurrence of illnesses or injuries, media coverage, or, in some cases, complaints of employees or their representatives.)

In particularly "flagrant" situations, says OSHA, willfulness can be found despite lack of knowledge of either a legal requirement or the existence of hazard if the circumstances show that the employer would have placed no importance on such knowledge even if it had possessed it, or had no concern for the health or safety of employees.

## Quick Tips for Healthy Living

**HEALTHY BITES**

PREVEA  
Health & Wellness

**Bathroom Blurb****Aging Heart****Your Heart**

Your heart is a strong muscle- about the size of the palm of your hand. Just like an engine makes a car go, the heart keeps your body running. The heart pumps oxygen-rich blood through a network of blood vessels called arteries (taking blood away from the heart) and veins (bringing blood back to the heart).

**An Aging Heart**

Some changes in the heart and blood vessels are normal as you grow older. Over time, disease can damage your blood vessels and your heart.

A common problem for older people is arteriosclerosis. This is a stiffening of the arteries that happens, in part, because of growing older. Atherosclerosis, the buildup of fatty deposits as plaques, is another cause. When plaque builds up along the walls of arteries, there is less space for blood to flow. This makes it harder for blood to get to all the parts of the body that need it, including the heart itself.

Other changes to the heart happen as you age. For example, to help the heart pump blood through stiffer blood vessels, some parts of the heart wall thicken. The size of the four sections of the heart also changes. So do the valves (door-like parts that open and close to control the flow of blood between those sections). The number of heart beats each minute when you are resting (the heart rate) does not change as you age, but the heart can't beat as fast when you are physically active or stressed as it did when you were younger.

**Heart Disease**

There are many different kinds of heart disease. Plaque buildup is often to blame. But there are other causes too. For example, choices you might make every day can lead to damage to artery walls. Do you smoke? Do you drink a lot of alcohol? Are you overweight? Do you spend the day sitting at a desk or in front of the television? Do you avoid doing exercise? Do you have diabetes or high blood pressure that is not under control? Are you under a lot of stress? If you answered yes to one or more of these questions, making changes might help you prevent or delay heart disease. Things you can't control, like your family history, might also increase your risk of heart disease. But even so, leading a heart healthy lifestyle might help you avoid or delay serious illness.

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health

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*In Loving  
Memory of Jessica Lehrke*

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