



# **Weekly Safety Tip**

## **Workplace Eye Wellness Month**

## Workplace eye injuries by the numbers



**18,630**

on-the-job eye injuries forced employees to take time off in 2019.



**90%**

of workplace eye injuries are preventable with protective eyewear.



**\$300 million**

in treatment, worker's comp and loss of productivity each year due to workplace eye injuries.

## Eye injuries by industry:

34% of all nonfatal workplace eye injuries happen in manufacturing and construction. – U.S. Bureau of Labor Statistics, 2019



## Tips to ease eye strain



Sit at arm's length, or 25 inches, from the computer screen.



Every 20 minutes, look 20 feet away for 20 seconds.



Adjust your room lighting and increase the contrast on your computer.



Use artificial tears to refresh your eyes when they feel dry.

## About 2,000 workers sustain job-related eye injuries each day



Flying or Falling Objects



Tools



Chemicals



Particles & Sparks

**90% could have been avoided by wearing eye protection**

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# Weekly Safety Share



## SAFETY SHARE

## Human Movements Related to Work: Ergonomics for Health & Wellness



### SAFETY - HEALTH - WELLNESS SHARE



#### Human Movements Related to Work: Ergonomics for Health & Wellness

*Kinesiology is the study of human movement:*

- Analyzing body movements,
- Assessing how the body is affected by movement, and
- Developing strategies to reduce injuries by abnormal movements.

#### Basic Movement Patterns Related to Work

- **Stooping:** Bending the body downward and forward by bending the spine at the waist.
- **Crouching:** Bending the body downward and forward by bending the legs and the spine.
- **Kneeling:** Bending the legs at the knees to come to rest on the knees or knuckles.
- **Balancing:** Maintaining body equilibrium to prevent falling.
- **Climbing:** Ascending/descending ladders, stairs, scaffolding, ramps, poles, etc. using the feet and legs and/or hands and arms.



#### Basic Movement Patterns Related to Work

- **Reaching:** Extending the hand and arms in any direction.
- **Handling:** Seizing, holding, grasping, turning, or otherwise working with hand or hands.
- **Fingering:** Picking, pinching, or otherwise working with the fingers primarily.
- **Feeling:** Perceiving such attributes of objects and materials as size, shape, temperature, or texture, by means of receptors in the skin (particularly those of the finger-tips).



#### Material Handling Tasks Utilizing Basic Movement Patterns

- **Lifting:** Raising or lowering an object from one level to another.
- **Carrying:** Transporting an object, usually holding it in the hands or arms or on the shoulder.
- **Pushing:** Exerting force upon an object so that the object moves away from the force.
- **Pulling:** Exerting force upon an object so that the object moves toward the force.



**Reminders:** Keep in mind that any and all body movements by you are individually-dependent... Every human body's physical dimensions are different... A forward reach for one person may be an above the head reach for another....

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