



## Weekly Safety Tip

# Eye Facts



### EYE FACTS



#### **Your eye is the fastest muscle in your body.**

You'll hear athletes talk about training their twitch muscles in order to get their reaction time up but nothing reacts faster than the human eye. You can have the best diet programs in the world, but you'll never react quicker than the fastest muscle on your body — your eyes. The speed of your eye plays such an important role in life and, in particular, sports that require hand-eye coordination — like baseball. It is easy for us to imagine "*in the blink of an eye*" because it is both accurate and true.

#### **Brown Eyes are Blue Actually.**

Two interesting facts for you brown eyed folks are that all brown eyes are actually blue underneath the pigment, and there is actually a laser procedure that can turn your eyes from brown to blue permanently.

#### **Your eye color can relate to your alcohol tolerance.**

If you love beer and happen to have blue eyes then you should be feeling pretty good about yourself! Studies have shown that people who have blue eyes tend to have a higher tolerance to alcohol versus those with other eye colors. This doesn't mean that you are somehow a superhero or that the calories from alcohol won't alter your weight loss programs. So, as always, drink in moderation!

#### **Information Overload.**

Your eyes can process a ton of information... Did you know that your eyes process around 36,000 bits of information per hour?! Not only that but they also focus on about 50 things per second!

#### **There is a blind spot in your vision that you don't notice.**

If you've learned anything so far it is that your eyes are incredible. Did you know that in your eyes there is a **tiny blind spot** back in your retina from the attachment of your optic nerve? This blind spot is rendered invisible because both of your eyes work together to fill in the blind spots of the other.

#### **Your eyeballs will not change size.**

From the day you are born until the day you pass away your eyeballs will not change in size at all. The rest of your body will grow and diminish at an amazing pace but your eyeballs will stay completely consistent. The eyes you have now are the same ones you had in the crib as a child, crazy to think eh?

#### **Eye fatigue is related to two very common activities.**

Did you know that when you read or use your computer that you tend to blink less? This leads to you experience eye fatigue at a faster rate. When you aren't reading or using your computer you average about 12 blinks per minute. This number rapidly declines during the aforementioned activities. So if you start to feel fatigue at your desk take a break from staring at the computer screen

#### **All blue eyed people are related.**

Huh?... Well, if you go back far enough. Right now scientists have narrowed down the roots of all blue eyed people to a person almost 10,000 years ago who lived by the Black Sea. Does this mean that you shouldn't date someone with blue eyes? Well, no. 10,000 years of separation is more than enough to save you from any 'brother husband' jokes. Again, technically we are all related if you go back far enough.



## Understanding Ergonomics & Human Factors



### **Safety Share:** *Understanding Ergonomics & Human Factors*

Most of us don't really have a clear sense of all that is involved in **Ergonomics & Human Factors**, so this **Safety Share** lists the areas (in **bold headings**) and defines their related aspects, for the purpose of helping us better understand (and appreciate) how this applies to just about everything in relation to people and their interaction with other people, products, tasks, environments, and systems, per the **Chartered Institute of Ergonomics & Human Factors**.

#### **Anatomy and Physiology**

**Aging:** Effects of the ageing process on physical and cognitive capabilities and wellbeing.

**Anatomy:** The structure of the human body and how this affects physical performance, function, risk of trauma and wellbeing.

**Biomechanics:** The mechanics of force transmission and movement in the human body.

**Disabilities and Vulnerabilities:** The effects of physical and cognitive disabilities and vulnerabilities.

**Human Auditory System:** The mechanisms and problems involved in the perception of sound and the faculty of hearing.

**Human Visual System:** The mechanisms and problems involved in the perception of light and the faculty of sight.

**Musculoskeletal Disorders:** The effects of physical activity on musculature and the skeleton, and knowledge of common disorders.

**Physiology:** The processes and functions of the human body.

**Physiotherapy:** The treatment of injuries and other conditions through the use of physical methods.

**Repetitive Strain Injuries (RSI):** The causes and symptoms of RSI and knowledge of measures to remove or reduce its effect.

#### **Psychology**

**Attention:** The theories relating to the way in which people attend to and process information, and knowledge of common limitations.

**Behavior and Attitudes:** The theories relating to influences and processes affecting attitudes and behaviors.

**Behavioral Safety:** The attitudes and behaviors related to safety, together with the theories and principles that are involved in creating safe behaviors.

**Change Management:** The factors and methods involved in the management of change within organizations.

**Cognition:** The mental actions or processes used to acquire knowledge and understanding through thought.

**Communication:** The relationships and behaviors associated with person-to-person/group communication, both at an individual and organizational level.

**Culture:** The ideas, behaviors, attitudes, and traditions that exist within groups of people and organizations.

**Decision-Making:** The cognitive processes and biases involved in selecting a course of action or opinion.

**Group Behavior:** The dynamics, interactions of groups and the factors that influence group performance.

**Job Satisfaction:** The attributes of job design that influence an individual's fulfillment at work.

**Leadership:** The psychology underpinning the skills required to influence and lead teams to achieve successful outcomes.

**Learning:** How individuals acquire new, or modify existing, knowledge, skills and attitudes through experience, study or training.

**Memory:** The cognitive processes involved in acquiring, storing and recalling information in the short and long term.

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