

February 2021

Dear Members;

Happy National Heart Month! The American Heart Association <https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms> dedicates this month to educating Americans on the battle of cardiovascular disease and how to live heart-healthy lives. Solutions may be around the corner for better ways to control cholesterol, but now high blood pressure is on the rise. Evaluate your lifestyle and adjust so that in your later years of life, you can continue to enjoy life to its fullest!



10 Tips to Improve Remote Working Ergonomics

Some folks are continuing to work remotely from home. Here are some ideas to strive for when creating a home computer workstation to prevent shoulder strain, tired eyes, and wrist pain.

1. Place your elbows, knees, and hips at a 90° angle.
2. Keep your wrists in a neutral position.
3. Make sure the mouse is at the same height and distance from the screen as the keyboard.
4. Ensure adequate lower back support.
5. Take rest breaks and avoid sitting in one position for too long.
6. Position your feet flat on the floor or supported by a footrest.
7. Sit at about 25" away from the monitor, slightly below eye level.
8. Prop your monitor up on some boxes to get it to the right height.
9. Use boxes or upside-down tubs as a footrest.
10. Place a towel/placemat down to provide some padding for your wrists.

Keep an eye on your eyes.

The Mayo Clinic recommends the following tips to help prevent eyestrain:

- Remember to blink!

- Follow the “20-20-20 rule”: Every 20 minutes, look at something about 20 feet away for at least 20 seconds.
- Make sure you have good lighting and avoid glares on your screen.
- Adjust the font size on your computer to make it easier to read.
- The RS Safety Library
<https://waretailservices.com/safety/safety-library/>
has additional information on ways to improve your ergonomics.



Is your Accident Prevention Program up to date?

All employers in Washington State are required to create a written Accident Prevention Program (APP). To meet written program and other APP requirements, businesses will need to:

- Identify workplace hazards that could hurt employees.
- Find ways to reduce or eliminate hazards.
- Provide a detailed safety orientation to employees.
- Here is a link to L&I APP tools
<https://www.lni.wa.gov/safety-health/preventing-injuries-illnesses/create-a-safety-program/accident-prevention-program>



Here at WR, we want all employees to take the time and be safe! Remember, L&I can fine your business if you are not holding and documenting monthly safety meetings.

Thinking safety for you,

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