

February 2023

Dear RETRO Members,

Happy National Heart Month! The American Heart Association dedicates the month of February to educating Americans on [the battle of cardiovascular disease](#). Each year brings treatment advancements for heart conditions, but the best way to keep our hearts healthy is to [live heart-healthy lives](#). Evaluating our lifestyles and making adjustments will help us continue to enjoy life to its fullest in our later years.



10 Tips to Improve Remote Working Ergonomics

Working from home has become the norm for many workers, and many often sit at the kitchen table and strain their necks as they look downward at their laptops. Workspaces in the home are usually inadequate. What these remote workers need is a dedicated space to do their job. Here are several ideas to help create a home office workstation that can help reduce shoulder strain, tired eyes, and pain in the neck and wrists:

- Elbows, knees, and hips should be at a 90° angle.
- Wrists should maintain a neutral position.
- Using wrist rests for keyboards, and mouse pads can help reduce wrist strain.
- Ensure the mouse is at the same height and distance from the screen as the keyboard.
- Include regular rest breaks and avoid sitting in one position for too long.
- Feet should rest flat on the floor or positioned on a footrest.
- Sit about two feet away from the monitor, which should be slightly below eye level.
- When looking directly forward, eyes should be facing the center of the screen. Adjust the height of the monitor as needed.
- An appropriate chair should be used for computer work, and it should provide adequate lower back support and be adjusted to accommodate both the body and the workspace. The use of unpadded and non-adjustable chairs should be avoided for desk work.

Included in this month's safety packet is a [Remote Work Safety Checklist](#).

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 glare on your screen.
- Adjust the font size on your computer to make it easier to read. Windows offers a variety of [scaling options](#) (same guide for [Macs](#)) to make any screen readable for any user.
- The [RS 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 and maintain a written Accident Prevention Program (APP). To meet written program and other APP requirements, businesses must:

- 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 a free Accident Prevention Plan creator, which can help you create a new plan easily.



An APP is the foundation of your safety program, and it should be reviewed periodically to ensure it still fits your business operations.

Helping you with safety,

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