

Safety Newsletter

A quarterly publication for injury and illness prevention

Spring 2026



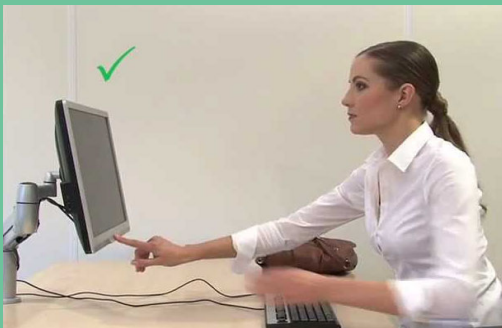
How to Avoid Computer-Related Eyestrain



Below is a checklist of work station adjustments and safe work practices to help reduce eyestrain risk.

Avoiding Eyestrain Checklist:

1. Position the computer monitor between 20 and 40 inches from the eyes.
2. Set the screen height so the top edge is even with your view when looking straight ahead.



Then, tilt the screen upward to avoid viewing the screen image at an angle. The optimal screen position is 10-20 degrees below eye level.

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Spring Safety Tips



Key Cal/OSHA Spring Safety Focus Areas:

- **Heat Illness Prevention (Early Preparation)**
Although mandatory, high-heat procedures are more common in summer, Cal/OSHA recommends preparations in early spring to prevent heat-related illnesses, especially for outdoor workers as temperatures rise.
- **Agricultural & Outdoor Equipment:**
 - **Machine Inspection:** Inspect all machinery for defects. Ensure all guards are in place.
 - **Safe Stop Procedure:** Always stop engines and wait for all moving parts to come to rest before servicing, cleaning, or unclogging.
 - **Training:** Train employees on recognizing symptoms of heat exhaustion and the proper use of protective equipment.
- **IIPP Update:**
 - **Review and update** your workplace safety plan, ensuring it addresses new hazards associated with spring, such as increased outdoor activity, construction, or maintenance.

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(How to Avoid Computer-Related Eyestrain-continued)

3. Set monitor screen resolution, text size, and font details so that the picture does not show signs of stretching, blurring, or distortion. The optimum resolution may vary depending on the application.
4. Reduce mouse cursor speed (if possible). Slower movement will lessen the strain it takes to focus on a quickly moving mouse cursor.
5. At least every 15-20 minutes, look away from the computer monitor for about 30 seconds. Gaze at or scan things at least 20 feet away to allow your eyes to focus in rest position.
6. Blink often when working in front of a computer. Reduced blinking can cause the eye lens to dry out. While the meeting concludes with a review of safety trainings required and conducted.
7. Cover your eyes with your palms a minute or so every half hour, to help warm and relax the muscles around the eyes.
8. Minimize glare by ensuring that the background light level around the monitor is about the same as the screen light level.
9. Adjust contrast and brightness to similar levels you would use when reading a book comfortably.
10. Place a paper holder at the same level as the monitor, or attach it to the monitor, to hold documents.

(Spring Safety Tips-continued)➤ **Fire Safety (Spring Checklist):**

- **Ensure** fire extinguishers are available and maintained.
- **Check** for and clear any bird/animal nests in electrical panels or machinery.

➤ **General Workplace Safety:**

- **Post** the required Cal/OSHA posters
- **Ensure** employees are trained on reporting hazards immediately.

Spring Time Allergy and Pest Awareness

Tips to help protect you from bug bites and sneezes this spring.

Bites & Stings:

- ✓ When entering/exiting buildings or vehicles, close doors behind you to prevent bugs from entering.
- ✓ When working outside where insects (such as bees, mosquitos or ticks) may be present, wear long pants, socks and long-sleeved shirts. Check yourself thoroughly for “hitchhikers”.
- ✓ If you are bitten or stung, report this to your supervisors. If you have an allergic reaction, seek medical attention.

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Spring Forward Safely: Healthy Tips for Daylight Savings



- **Use extra caution while driving.** Be extra vigilant during your commute, as the morning will be darker and other drivers may be drowsy.
- **Rest up.** Go to bed earlier to get your usual amount of sleep so you can be well rested and alert.
- **Plan ahead.** Give yourself extra time to drive to and from work.
- **Morning light exposure.** Keep your workspace well-lit to help reset your internal clock.
- **Hydration and Nutrition.** Drink plenty of water throughout the day and avoid heavy meals to combat afternoon fatigue.
- **Take breaks.** Utilize short, active breaks (like a quick walk) to stay alert.



(Spring Time Allergy and Pest Awareness-continued)

- ✓ Avoid disturbing insect hives or homes.

Pollen:

- ✓ Be aware of your allergies and take care to avoid exposure to them.
- ✓ Pollen counts are highest mid-day. If you need to be outdoors, consider wearing a dust mask to limit your intake of pollen.
- ✓ If possible, avoid outdoor exposure on extra windy days when more pollen is in the air.
- ✓ Keep your space clean. "Spring Cleaning" helps eliminate allergens in your everyday space.
- ✓ Wear gloves when doing yard work. Try to avoid touching plants and grass.

Rodents, Reptiles, etc..

Warm weather awakens animals and brings them out into the sun. Be aware of your surroundings to avoid confrontation with snakes, squirrels, birds and other animals.

- ✓ Be cautious of holes in the ground that might be home to snakes, gophers or squirrels. Avoid stepping on or around holes.
- ✓ Do not approach animals. If you encounter an animal that must be moved, call Animal Control.



**** The material in this newsletter should be part of your Injury and Illness Prevention Plan (IIPP). Keep a copy of this newsletter in your IIPP binder.***