

The ERGOnian

A monthly newsletter for the Oregon State Agency office ergonomic community

June 2006

Bifocals and Computer Monitors

Based on current news articles we know that the workforce is aging. Over the last 10 years, the percent of workers 45 and older has increased while all other age categories are shrinking. "Baby Boomers" now make up the largest sector of employees. For many employees, with age comes a need for glasses or contact lenses for reading and computer use. If you are working with an employee who is wearing glasses or contacts and they are complaining of neck or shoulder pain look at how they are viewing their monitor. The traditional bifocal glasses utilize the lower portion of the lens for focusing on the computer. If this is the case, the employee may be tipping their head back to read the screen through the bottom half of the glasses. Listed below are some ideas on how to bring the employee back to a "neutral" position while wearing glasses.

- Lower the computer monitor. Have the employee look toward the monitor screen without tipping their head. Lower the screen until they can see through the bifocal window of their glasses without tipping their head.
- Obtain "computer glasses" where the main part of the lens is optimized for sharp focus at roughly an arm's length. There is also a standard bifocal reading lens at the bottom of the glasses. Distant vision is not taken into consideration with "computer glasses." If you wear glasses for distance, as well, the only draw back will be the need to have a second pair of glasses.
- Suggest that the employee purchase reading glasses from a general retail store with the strength they need to use the computer.

Next SAIF Ergo Assessor Training Date

July 18, 2006
8:30 AM to 11:30 AM
@ SAIF Corporation

To register online:

<http://www.saif.com/Policyholders/phtrain.htm#StateAgency>

Keep it Clean

When cleaning a **Liquid Crystal Display (LCD)** screen do not use a common mild cleanser or cleaning solution. The ammonia or ethanol contained within these types of cleansers will damage the LCD screen. When cleaning an LCD screen use a cleanser specifically designed for use with LCD screens. Also, be sure to use a soft cloth, similar to one used to clean eyeglasses, and not a paper product to clean your screen.

Resource Center

<http://www.oregon.gov/DAS/SSD/Risk/Training.shtml>

<http://www.oregon.gov/DAS/SSD/Risk/ergoguide.shtml>

<http://www.cbs.state.or.us/external/osha/pdf/pubs/1863.pdf>

<http://www.ergonomics-information.com/>

Ergo Assessor Graduates

Congratulations to the following employees that completed their **3** required ergonomic assessments, and have officially graduated!

DHS – Chris Hovey, Carol Maul, Leanne Tarr, Tina Taylor

Employment – Patrick Sangster

EOU – Helen Moore, Sharon Nelson

ODVA – Steve Reed

OECD – Jim Cunningham, Beth Vergara