What can you look forward to this year?....

• Webinars and on-the-job, real-time training materials
• Updated online resources
• Safety Awards
• Chapter meeting solutions
• Combined efforts with our OSHA Alliance & other NAWIC Committees

Meet our new co-chair, Renell....

I may be new to NAWIC but I have been in the safety field for over a decade. I live and breathe all things safety. I am here to help with whatever questions or assistance you may have or that may come your way. When I am not on a jobsite I am working to help women. I have my duties and commitment with NAWIC, I also volunteer at The Foundry which is an amazing organization that helps to free women from addiction (I mentor one to two women a year throughout their stay in the program). I am also the mother of two grown children ages 19 & 24 whom I adore.

Stay Engaged w/ these FREE Webinars!

Protecting Workers in the Electrical Utility Industry

This webinar provides an overview of best practices and procedures in four key areas where focused efforts can continue to reduce injury risks.

Date: Oct 05, 2017
Time: 2:00 PM EST

Get the Facts: The Truth Behind the Real Cost of Burns

This webinar uncovers the direct and hidden costs associated with burns, and learn more about the benefits of an appropriate burn PPE program.

Date: Oct 11, 2017
Time: 2:00 PM EST
EYE SAFETY: Do you Suffer from CVS? What is Computer Vision Syndrome?

Computer vision syndrome, also referred to as digital eyestrain, encompasses a group of vision-related problems that result from prolonged computer, tablet, e-reader and smartphone use, according to the American Optometric Association. With the average American worker spending seven hours a day on a computer, that’s a lot of screen time.

CVS can cause many problems for workers, including eyestrain, headaches, dry eyes, blurry vision, and neck and shoulder pain. Poor lighting, poor posture, screen glare and improper viewing distance can contribute to these issues.

Fortunately, many of these issues are only temporary and will stop when the worker no longer is using the computer or device. However, some workers may continue to experience problems, such as blurred vision, even after no longer using a screen device.

What to do

CVS can be diagnosed with a comprehensive eye exam. If you have CVS, your eye care professional will help you come up with a plan of action. Although plans will vary by case, some general steps workers can take to help alleviate problems associated with CVS:

- Make sure you’re wearing the right glasses or contact lenses.
• Consider vision therapy, a program that trains the eyes and brain to work together better.

• Ensure your computer screen is properly placed. It should be 15 to 20 degrees below your eye level as measured from the screen’s center, and about 20 to 28 inches away from your eyes.

• Prevent glare on your screen by closing blinds or drapes on windows and using lower-wattage bulbs in lamps or overhead lights. Additionally, use an antiglare screen, which reduces the amount of light reflected from your screen.

• Keep your chair adjusted so your feet rest flat on the floor.

• Remember to rest your eyes, ideally for 15 minutes after every two hours of continuous screen use. Also, practice the 20-20-20 method: After every 20 minutes of work, look 20 feet away for 20 seconds.

• Blink regularly, which will help keep your eyes moist.

**Hand Tool Safety**

The greatest hazards posed by hand tools result from misuse and improper maintenance. Some examples of this include the following:

• Using a screwdriver as a chisel may cause the blade tip to break off and injure a coworker or yourself. Using a knife blade as a screwdriver can have the same bad result.

• If a wooden handle is cracked, loose, or splintered, the head may separate from the handle and injure anyone nearby. Don’t tape the handle and think it’s fixed. Replace the handle completely or discard the tool.

• A sprung jaw on a wrench can cause slippage and should never be used.
• Using impact tools with mushroomed heads can release flying fragments that cause eye damage or sight loss.

Want to get in touch with us? Here’s how...
Email us safety@nawic.org
OR visit, like, and send us a message on our Facebook page!