A vast majority of employees spend multiple hours each day viewing computer screens. So it goes without saying that our ability to see information is vital to job performance. Unfortunately, according to the United States Center for Disease Control, in 2015 approximately 12 million people in the United States had some degree of vision impairment. Here are a few ways you can protect your eyes and maintain good vision for years to come:

1. **Follow the 20-20-20 rule.** Every 20 minutes look about 20 feet away and focus for 20 seconds. This change in focus causes the ciliary muscles, which control the shape of the lens in the eyes, to contract and release differently than when viewing objects up close. Changing your focus regularly is a workout for your eyes, like crunches for the abdominals.

2. **Beware of glare.** Glare can cause fatigue in the eye muscles as your eyes try to focus around it to see the image on the screen. To reduce it, position your monitor perpendicular to windows and direct light from lamps, and use blinds or window shades to block direct sunlight.

3. **Blink often.** The human eyeball is covered in living cells that require the oils and moisture generated by the body to stay alive. Blinking regularly maintains adequate moisture by carrying the water from your tear ducts, and the oils from your lash line, over the surface of your eyes. If your eyes often feel dry or itchy, talk to your doctor about artificial tears or prescription eye drops.

4. **Get regular eye exams.** If you wear prescription eyeglasses, be sure to keep to a regular eye exam schedule to maintain eye health. Your doctor may even recommend a pair made specifically for computer work to increase the contrast on the screen and filter out glare.

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**SAFETY AT HOME**

In our day-to-day life, we clean our homes and use supplies that have the potential to become hazardous to our loved ones. Before using any cleaning product, make sure to read the label and keep the product in its original container. When done, store the product in an area away from children, pets and food.

Put child-resistant caps on hazardous products, and childproof your cabinets to keep kids safe. If you are worried someone has ingested a hazardous product, contact your local poison center at (800) 222-1222. You will automatically be connected to the center nearest your location.

You can be your best line of defense and prevent hazards before they occur.
6 TIPS TO HELP YOU STAY WELL WHEN VISITING FAMILY OR FRIENDS, AND WHAT TO DO IF YOU GET SICK

Getting sick over the winter holidays is common—and potentially dangerous—for a couple of reasons. First, Thanksgiving, Christmas, Hanukkah, and New Year’s all come smack in the middle of cold and flu season. And with so many people traveling, it’s easy for the germs to get passed around. Second, getting sick when you’re away from home poses special challenges, in part because you may not have access to your regular doctor or pharmacy. "So, what do you do?” Here, the steps that will help you avoid holiday health problems, and what to do in case you do get sick.

Don’t Forget Your Medications- In the hubbub of packing gifts and food for holiday travels, it’s easy to leave your prescription medications behind. So double check to make sure that you have packed your medications and that you have enough to make it through your travels, plus a little extra. If you’re flying, keep your medications with you instead of in your checked bags, in case the luggage is lost. Be sure to also bring along a list of your meds and the dosage and prescribing doctor for each, along with a doctor's note if you carry needles or syringes.

Download Your Health Records- If your doctor has a patient portal, you can access portions of your medical record, such as a list of your medications and allergies, online. Consider printing out key portions or downloading the record to a thumb drive if you will be without computer access during the holidays. This way, you can give doctors the information instantly in case of an emergency. For holiday health and safety, it’s also smart to bring your doctors’ contact information with you when you travel.

Check Your Insurance Coverage- make sure you bring your insurance card with you. Consider making a paper copy and bringing that as well; it may be helpful if you lose your insurance card while traveling.

Outsmart Germs- Infections such as colds and flu spread easily where people congregate—shopping malls, holiday parties, theaters, family dinners. So practice scrupulous hygiene throughout the holiday season. Your best defense is to wash your hands with soap and water for at least 20 seconds frequently throughout the day, especially before you eat and after using the bathroom.

If soap and water aren’t available, use a hand sanitizer that contains at least 60 percent alcohol. Don’t bother with antibacterial soaps. In addition, keep your hands away from your face, to avoid transmitting any germs you’ve picked up to your eyes, nose, or mouth.

And try to put some distance between yourself and others who are sick, Lipman adds. "People go to parties during the holiday time and there’s where the coughing and sneezing and wheezing goes on and germs get transmitted,” he says.

Take Symptoms Seriously- Fatal heart attacks spike during the holidays, in part because people on vacation often delay getting care. (Some research has also shown that one huge meal can significantly increase the risk of same-day heart attacks, and that dips in the temperature may play a role.)

If you think you’re having a heart attack, stroke, or any other serious health problem, get to an emergency room right away.

Know Where to Go If You Get Sick- Urgent-care centers, which are typically owned by a hospital or group of doctors, can handle problems that are more serious but don’t always warrant a trip to the ER, such as a fracture or cut that may need stitches.
Chemical Facility Anti-Terrorism Standards

The Department of Homeland Security (DHS) regulates security at high-risk chemical facilities under the Chemical Facility Anti-Terrorism Standards (CFATS) program. The program identifies and regulates high-risk chemical facilities to ensure security measures are in place to reduce the risk of the misappropriation or misuse of chemicals by an adversary.

Colleges and Universities in the United States not only conduct valuable research but are also home to sports complexes and training facilities. Such facilities include chemistry labs, research facilities, pool complexes, agricultural facilities, medical programs and other miscellaneous areas. Such facilities also possess chemicals of interest that may possess significant risks to human life or health if stolen, release or used as an act of sabotage by terrorists. These chemicals are listed in Appendix A of the CFATS regulation. This list may be found on the following web page:

Facilities with COI at or above quantities and concentrations specified in the regulation must report their chemicals to DHS through an online screening tool referred to as a Top-Screen. DHS conducts a risk-assessment utilizing the Top-Screen Information to determine if a facility is high-risk by evaluating potential consequences of an attack, the facility’s inherent vulnerability and threat factors. Facilities below the COI threshold quantities and or concentrations are not required to report to DHS. In addition, facilities that use release COI in a laboratory under a supervisor who is a “technically qualified individual” need not be counted toward a facility’s screening threshold quantity (STQ).

If you wish to view more information, please refer to CFATS regulation § 27.203(b), call the CFATS Help Desk at 866-323-2957, or visit https://www.dhs.gov/cisa/chemical-facility-anti-terrorism-standards

Office of Risk Management
Environmental, Health & Safety
3219 Hudson Road
Risk.uni.edu
safety@uni.edu
(319) 273-5800

Joseph Rayzor, J.D.
Director of Risk Management and University Safety Officer
Joseph.rayzor@uni.edu

Wendel Reece, CSP
University Safety Manager
Wendel.reece@uni.edu

Jason Kayser, MPA, ASP
Fire and Safety Specialist
Jason.kayser@uni.edu

Gordon Kruger,
CSP,CHMM
Environmental Safety Specialist, Radiation Safety Officer
Gordon.krueger@uni.edu