Safety Talk Handout on Computer Vision Syndrome



BENEFITS

Workers in industrial workplaces are exposed to various hazards to their eyes, such as dust, pieces of material shooting out of equipment and splashes of hazardous substances. But office workers can also be exposed to eye hazards. For example, spending a lot of time looking at computer screens of various sizes can cause blurred vision, dry eyes, headaches and fatigue. If workers spend more than two hours a day on a computer, they may develop a condition called Computer Vision Syndrome (CVS).

HOW TO USE THE TOOL

Adapt this handout, which is modeled on one from the BC Municipal Safety Association, and give it to workers as part of a safety talk on protecting their eyes when using computers and similar devices.

OTHER RESOURCES:

BC Municipal Safety Association

How to Comply with the Eye Protection Requirements

Eyewash station best practices

Spot the Safety Violation: Don’t Play Hide-and-Seek with Eyewash Stations