



NOSHA News

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October 2013

GENERAL MEMBERSHIP MEETING

Wednesday, October 16th from 11:30 am to 1:00 pm @ the Speedway Restaurant

Our speaker Kelly Krapu, Compliance and Safety Services, will speak about the new DOT regulations effective July 1st, 2013.

Eyestrain a Growing Problem Worldwide

As more people use computers at home and in the workplace, complaints of eye fatigue, difficulty focusing and discomfort have become commonplace. Computer video display terminals don't damage vision, but it can cause eyestrain. Fortunately, rearranging your computer workstation, taking more frequent rest breaks, or getting proper glasses can often relieve these symptoms, according to spokesperson Ruth Williams, M.D. president of the American Academy of Ophthalmology.

If you are experiencing vision problems, first get an eye exam by your ophthalmologist to rule out possible eye disease. You may find you need glasses when working at a computer, or your prescription needs updating. Next, take a look at your computer workstation:

- **Screen distance:** You should sit about 20 inches from the computer monitor, a little farther away than reading distance, with the top of the screen at or below eye level.
- **Equipment:** Choose a monitor that tilts or swivels. Adjust them appropriately for the lighting in the room. Use a glare reduction screen on the monitor if needed.
- **Furniture:** An adjustable chair is best. The top of the monitor should be at eye level. Place the monitor on a stand if needed.

Taking periodic rest breaks is also recommended. Try to blink often to keep your eyes from drying out. Every 20 minutes, take a 20 second break to give your eyes a rest. Move your eyes up, down and to both sides focusing on something at least 20 feet away.

2014 NOSHA Membership Drive

Membership renewal notices will be mailed out November 25th. If you have questions about your membership status or have new contact information to pass on, please contact Linda at info@nosha.net

BOARD MEETING

Board members meet the first Thursday of the month – 6:00-8:00 pm at the Valdak Corp. 1149 36th Ave. S (Valley Dairy)

NEXT MEETING November 7th

2013 BOARD MEMBERS

Dan Mankie (President)
Cirrus Aircraft

Eric Pearson (Vice-President)
CHS (Cenex Transportation)

Joe Strang (Treasurer)
Valley Dairy Car Wash

Cindy Holweger (Secretary)
Development Homes

Carol Gierszewski
Gierszewski Enterprises

Davis Hoverson
Workforce Safety & Insurance

Rick Else
Workforce Safety & Insurance

Dave Opp
Opp Construction

Sally Miskavige
Opp Construction

Joe Reynolds
Cirrus Aircraft

COMMITTEES

Communication Committee
(Linda Wiley)

Visit us at www.nosha.net for the latest updates and announcements!

Education Committee
(Rick Else)

Upcoming GM Meeting Presentations

November 20th – Teresa Lewis, Leadership Success From the Inside Out/How can leadership promote a safe workplace.

December 18th Christmas Party

Membership Committee
(Dave Opp, Eric Pearson)

NOSHA News Editor
(Joe Reynolds)

NOSHA is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals, and ideas to promote workplace safety.

Thank you all for attending the NOSHA 2013 Safety Conference:
Influencing Safety
Presented by Garrison Wynn

Conference notes are posted on www.nosha.net. Look for the link under Highlights of the 2013 Conference Or download to your phone at 90210.

NOSHA Welcomes
New Member
Kelly Miller, Young Mfg, Inc

