

# The Ergonian

A monthly newsletter for the Oregon State Agency office ergonomic community

October/November 2005

## "What should you know about glare?"

Glare can be defined as being a sharp contrast between light and dark or having a direct light source shining into your eyes. Glare of any type can cause mild to severe eyestrain. Eyestrain has a different definition for everyone. Eyestrain may be described as a burning sensation, dull pains, blurring, double vision or headaches.

Glare can come from a direct light source or can be reflected from another source. If glare is an issue, look for the following light sources:

- Ceiling lights,
- Task lights
- Bright windows
- Monitor screen contrast

Direct light sources shine directly into an employee's eyes. Have the employee temporarily shield their eyes with their hand. If the employee has immediate relief you will need to look for a lighting source which is glaring into their eyes. Look at the angle of ceiling lights, task lights and windows. If there is a direct source to the employee's eyes try to turn it off or redirect the light elsewhere.

Reflected glare can also be an issue with the computer monitor. If this is the issue, work on changing the color schemes in the computer to soften the hues.

## SAIF Ergo Assessor Training Date

December 6th, 8:30am –  
11:30pm  
@ SAIF Corporation

For more Info Contact:  
wenqui@saif.com

## New and Improved Office Ergonomics Assessor Class

If you have not attended an office ergonomic assessor's class in the last two years, now is the time to consider taking the class again. The same principles that were taught in the past still apply however the style of teaching has changed with new instructors. Come find some new nuggets of information!

## RESOURCE CENTER

### DAS:

<http://www.oregon.gov/DAS/Risk/ergo/ergo.htm>

### OR-OSHA

<http://www.cbs.state.or.us/external/osh/consult/ergonomic/ergonomic.htm>

[www.ergonomics-information.com](http://www.ergonomics-information.com)

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## Ergo Assessor Graduates

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

*DHS* - Trinie Young, Diana Burney

*OYA* - Gloria Patterson, Cassie Tarr, Shawna Hill, Karen Cooper

*OSU* - Dan Kermoyan

