

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 25



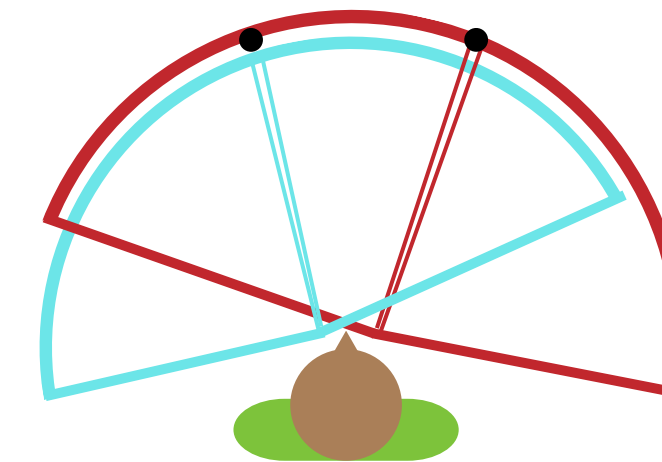
## SEEING WHAT WE CAN'T SEE

BY JAYMIE BLOCH, MS, ATC

— RIGHT EYE — LEFT EYE ● BLIND SPOT

Everything we're able to see at the same time is what's called our *Field of Vision*. In other words, this is how far out peripherally we're able to see without moving our eyes or heads. This range spans a total width of 190 degrees. As industrial athletes, here are a couple of conclusions with this info:

- We shouldn't have 'tunnel vision' while we work. We need to be aware of what's going on besides what's directly in front of us.
- What can we do to be mindful of the other 170 degrees we can't see?



## FEELING TOO FAMILIAR

Our work requires focus on our tasks, but we have to be mindful of what's going on around us too. Consider the facts around the majority of auto accidents. 52% of them occur within 5 miles of home. This is because there's also factors of overconfidence regarding road familiarity. Similarly, we have to think of our worksite in much the same way. How can we

remind ourselves to see our workspaces with fresh eyes when we tend to be so familiar with our surroundings?



## I THINK I HAVE ESPN OR SOMETHING...

If we keep the Work Right PREPARED acronym in mind, we know to **(R) Review Our Hazards**. This also means we have to anticipate the possibility of hazards too. What else should we keep in mind? Let's go to some fancy words!

- **Situational Awareness** - This is the process of scanning your surroundings prior to work. Identify and anticipate objects that could lead to an injury.
- **Spatial Awareness** - Your ability to be aware of objects in space and your body's position in relation to them. Spatial awareness allows you to be conscious of the things in your environment as well as your position to them.
- **Proprioception** - This describes our body's ability to sense its location and its movements and actions.

**When it comes to injury prevention - keep your head on a swivel! Even the little things can lead to severe injuries.**



Try out this **Field of Vision Test** for what an industrial athlete might see (and not see) at work.

**WANT TO READ MORE?  
SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

