

SAFETY TALK

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IMPACT OF SCREENS

While designed for productivity, communication, and easy access to information, screen time is a growing concern in our society and workplaces. Computers, tablets, phones, and monitors help us perform our jobs, but excessive screen time or poor habits can impact our productivity, physical safety, mental health, and overall well-being. The goal today isn't to eliminate screens, but to use them safely and smartly.

PRODUCTIVITY IMPACTS

Research suggests it can take between 8 and 23 minutes to refocus on a task after a distraction (ex. a phone call, text, email, or checking an app like Instagram or TikTok). Try silencing non-essential notifications and keep non-work-related screen time to your breaks.

PHYSICAL & MENTAL HEALTH IMPACTS

Screen use for long periods can lead to:

- Eye strain, headaches, blurry vision, and dry eyes.
- Neck, shoulder, and back pain from poor and/or awkward postures.
- Excessive sedentary time, which can lead to health issues like obesity, diabetes, and high blood pressure.

Research has demonstrated:

- A direct correlation between increased screen time and increased levels of depression and anxiety.
- Reduction in the quantity and quality of sleep from blue light emitted from devices, suppressing natural melatonin in the body.

OVERALL WELLBEING IMPACTS

- Blurred lines between what is real and what is online, along with constant comparison, can lead to social isolation and feelings of loneliness.
- Cognitive development is impacted by reduced attention span from constant stimulation.
- Loss of energy, creativity, and problem-solving skills.
- Fatigue-related errors – momentary lapse in focus leading to injury and illness.

WHAT CAN YOU DO TO COMBAT NEGATIVE SCREEN TIME EFFECTS?

- Engage in activities that promote physical activity, like walking, running, or going to the gym.
- Engage in team-building activities, join a social club, or play a team sport to increase face-to-face interaction.
- Find a balance that works for you. Consider disconnecting at certain times of the day. Set realistic expectations for yourself.
- Pay attention to your body. Recognize when you need to take a break, stretch, or change tasks.



ALWAYS REMEMBER, SAFETY FIRST