

Fatigue Facts
According to the National Safety Council

Fatigue is:

- Feeling of tiredness
- Sleepiness
- Reduced energy
- Difficulty doing tasks
- Fatigue decreases mental capacity and productivity.
- Fatigue increases safety risks and health issues.

Fatigue is Caused By:

- Sleep loss
- Repetitive tasks
- Job factors
- Medical conditions
- Lifestyles
- Sleep/wake cycle

Did You Know:

The National Safety Council supports science-based fatigue risk management systems in the workplace.



More than **1 in 3** workers are sleep deprived.



Workers with sleep problems have more than **1.5 times** higher risk of being injured.



More than **16%** of fatal crashes involve a drowsy driver.

What is Fatigue Costing You?

Fatigued worker productivity costs employers **\$1,200 to \$3,100** per employee annually.



Try It and See For Yourself

See Safely at work and be fully present in every part of your life. Get office or safety eyewear with BluTech Lenses for free when you book your appointment with a Walman Optical Safety Eyewear professional (in person or web conference available).
www.walmanoptical.com/seeforyourself



Safety Eyewear

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The Vision Solution
For Blue Light and Fatigue



SEE SAFELY



Safety Eyewear



Blue Light: A Source of Fatigue

It is vital to protect yourself and your employees against blue light now to prevent fatigue and digital eye strain and preserve your personal health and vision.

The Impact of Blue Light On Health:

- Fatigue, insomnia and related health issues
- Long-term vision loss
- Macular damage

Digital Eye Strain Symptoms:

- Eye strain, blurred vision and dry eyes
- Neck, shoulder and back pain
- Headaches and migraines

Blue Light Is In Your Workplace

- Energy-efficient lighting in office buildings, manufacturing facilities and laboratories
- Artificial blue light emitted from computer screens, TV monitors and digital devices
- Sunlight outdoors



What can you do to protect yourself, your employees and your company?

The Vision Solution for Blue Light and Fatigue

Walman Optical Safety Eyewear has partnered with BluTech Lenses to bring you a vision solution that not only protects your employees against harmful blue light but aims to prevent costly healthcare claims, accidents and productivity issues in your workplace.

See Safely on Shift, Sleep Soundly at Home

By protecting your employees from harmful blue light while on shift, they'll have a more restful sleep at home. That way, when it comes time to punch in again, they are more alert and productive, happier and healthier - making your workplace a safer environment for all.

Rested Employees and the Benefits for Your Company:

- A reduction in injuries and costly accidents
- Declining absenteeism and presenteeism
- Lower healthcare costs

Walman Optical Safety Eyewear with BluTech Lenses

Office and safety eyewear with BluTech Lenses prevent fatigue, digital eye strain and other health issues by blocking up to 17 times more blue light where it matters most. No other clear lens filters more of the blue light known to be associated with eyestrain, blur, glare and sleep cycle disruption without distorting color.

In a survey, BluTech wearers reported the following:



99.1% noticed their eyes were more relaxed indoors.

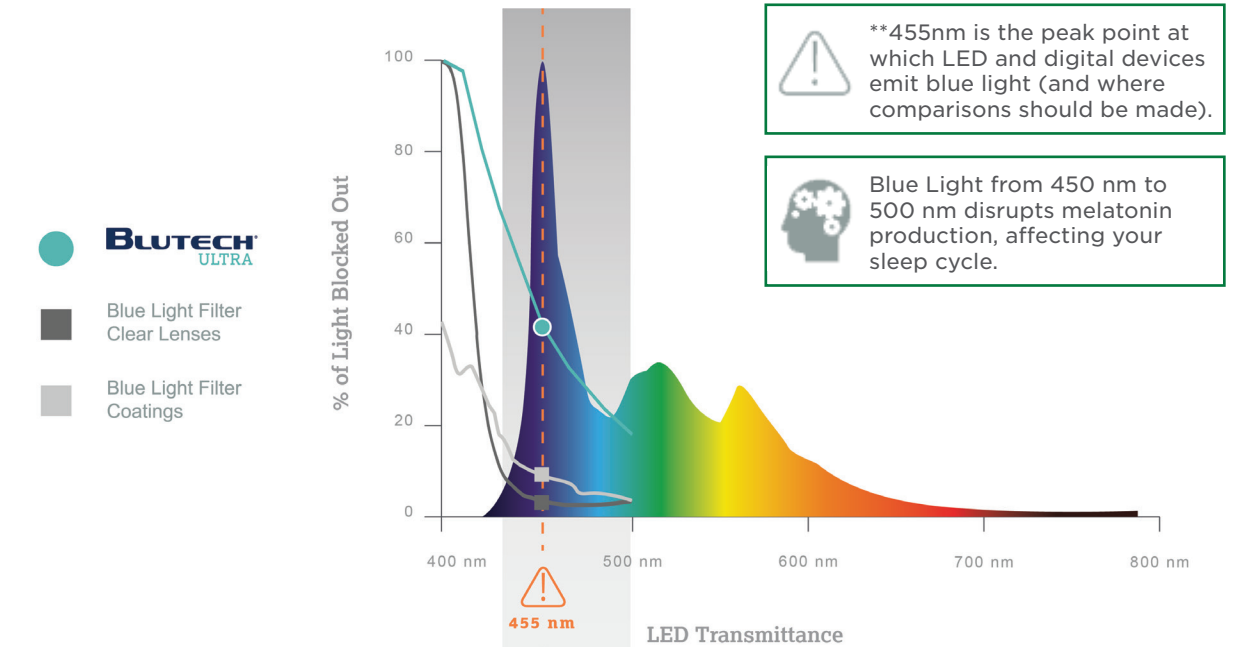


98.25% experienced a significant improvement in sleep.



65.1% had a significant reduction in headaches/migraines.

BluTech Technical Information



	Blue Light Blocking Lenses BLUTECH ULTRA - poly	Blue Light Filter Clear Lenses	Blue Light Filter Coatings
Blue light blocked out @ 455 nm	41%	3%	9%
Improves Sleep	★★★★★	★★★★★	★★★★★
Reduces Digital Eye Strain	★★★★★	★★★★★	★★★★★
Improves Productivity	★★★★★	★★★★★	★★★★★
Overall Performance	★★★★★	★★★★★	★★★★★