



ASSP – LA Chapter | March 2026 Newsletter



Events

Workplace Eye Wellness Month

March is recognized as Workplace Eye Wellness Month, an annual campaign led by Prevent Blindness to raise awareness about the importance of protecting and maintaining eye health across all work environments. The initiative highlights key risks employees face—ranging from eye injuries in industrial settings to digital eye strain in office environments—and encourages practical steps to prevent vision problems before they start. Workers in fields such as construction, manufacturing, agriculture, and chemical handling face heightened risks of corneal abrasions, blunt trauma, chemical burns, and other injuries without proper eye protection. Meanwhile, office-based employees spending long hours on screens may experience blurred vision, dry eyes, headaches, and neck or shoulder pain, often referred to as computer vision syndrome.

To help avoid eye strain, Prevent Blindness recommends:

- Place your screen 20 to 26 inches away from your eyes and a little bit below eye level.
- Use a document holder placed next to your screen. It should be close enough so you don't have to swing your head back and forth or constantly change your eye focus.
- Change your lighting to lower glare and harsh reflections. Glare filters over your digital screens can also help.
- Get a chair you can adjust.
- Choose screens that can tilt and swivel. A keyboard that you can adjust is also helpful.
- Computer glasses with yellow-tinted lenses that block blue light can help ease digital eye strain by increasing contrast.
- Anti-reflective lenses reduce glare and increase contrast and also block blue light from digital devices.

Mentorship and Emerging Professionals Programs

To get involved with the mentorship program, then please reach out to Ben Nittayo (Ben.Nittayo@takeda.com)

Construction Crane Training (April 2026)

Date & Time: April 2, 2026 10:00 AM – 3:30 PM

Location: John Odom Training Center (18414 S. Santa Fe Ave, Rancho Dominguez, California, 90221, United States)

Learn the fundamentals of construction crane and rigging in this hands on session. Join us for an unforgettable session on Construction Cranes & Rigging with Guest Speaker Fernando Galicia, Sr. Regional Safety Manager at McCarthy Building Companies. Come experience Fernando's passion for safety and developing others with this one-of-a-kind interactive session that prepare you to better understand crane set up & hazards and rigging fundamentals so that your next crane pick is a success.

LA ASSP Safety 2026 Conference + Expo Happy Hour and Networking

Stay Tuned for more Details!

MEMBER HIGHLIGHT: Nominate Someone! Reach out to Ben.Nittayo@takeda.com