



Health Tips

► Rolling of the eyes

Rotate your eyes. Up and down, to the left and to the right. Look at the circumference of objects that are almost out of sight.

► Focus

Take a pen and hold it at arms-length. **Fixate on** the tip of the pen. Then look past the pen to an object in the distance. Repeat this exercise several times.

► „See black“

Close your eyes. Put your elbows on the table and **cover your eyes** with your hands. No light should reach your eyes. Relax for around three minutes in this position. If you see black, your eyes are feeling great and are able to „shut down“ and regenerate.

► Important for working with a monitor

Please use a flat-screen with high resolution and high frequencies.

The **distance** from your eyes should be approx. **50 to 75 centimetres**. The screen should be placed at a **90° angle to the window**. Please use shades, usually blinds, to avoid disturbing reflections.

News



DIN13164 referring to the [contents of the car first aid kit](#) was changed as of 1.1.2014. Added are **wet wipes, a 14-piece plaster-set and a gauze bandage size K**. Other bandages were withdrawn. We suggest checking your first-aid kit in the car.

Bandages have to be replaced if the expiry date has expired (usually with sterile products), or if signs of decay are present (damage, discolouration, dirt).

With the change of [ASR A1.3 Health and Safety labelling](#) across Europe, new symbols were defined (see extinguisher right). The old symbols can still be used, but it is important to ensure that old and new symbols are not mixed, e.g. the icons in the escape and rescue plan have to comply with those on the signs. These signs must be at least photo-luminescent, and in some cases they have to be self-luminous.



Training

Use the **E-learning** programs available online on the VBG-Website

[„Prevention of back problems or one's weaker self an me“](#).

or the stress management programme [„Managing Stress - discover possibilities“](#)



Remember, in order to be a “works first-aider”, you have to renew your First-Aid certificate every two years by visiting an 8 hour First-Aid training course. The costs are covered by the „Government Safety Organisation“.

„Hope is not the confidence, that something will end well, but it is the knowledge, that something makes sense no matter how it ends.“ Vaclav Havel