



Solar Power Plant and Substation Design Project

IOWA STATE UNIVERSITY and BLACK AND VEATCH

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Safety Moment

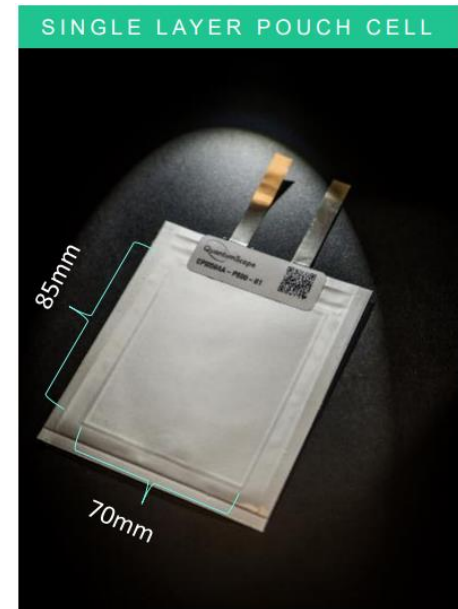
Screen Time and Blue Light Effects

- **Blue Light Effects**
 - Too much exposure from blue light emitting devices can cause a lot of harm to the user's eyes
 - Blurry Vision, Eyestrain, Dry eyes
 - Sleep issues - Disrupts sleep cycles
 - Productivity
 - Social Isolation
 - Screen Fatigue
- **Stats**
 - On average an adult will be on a device leisurely between 2 - 5 hours/day
 - After adding on technology factor in the workplace - 11 hours/day
 - Doctor recommended - < 2 hours/day
- **Ways to limit exposure**
 - Take Breaks or vacation
 - Use Night Mode or lower your brightness
 - Wear Blue Light Glasses to limit exposure
 - Try to work on projects that have limited screen usage for some time

New Tech

Lithium Metal Batteries by Quantum Scape

- What is it:
 - Solid State Lithium-Metal
- Benefits:
 - Increase energy density, reduce charge time, longer life, reduced cost
- Application:
 - Electric Vehicles



Contact Us

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