

Wellness Culture

March Observance: Workplace Eye Health & Safety Month

Key Information: Of all the senses your eyesight is the richest and most complex. There are many things we can do to protect our delicate eyes and the wonderful gift of sight.

Factoids-Eyes:

Under proper conditions can detect candle light 14 miles away.

Contribute to 85% of your total knowledge.

Can set in motion hundreds of muscles and organs in the body.

Though more than 2,000 workplace eye injuries occur daily in the U.S., most could be avoided with eye protection.

What can you do to protect your eyes?

1. Protect From Harmful Ultraviolet Light With Sunglasses

Sunglasses reduce glare and bright light that may impede your vision and cause accidents.

2. Wear Impact Resistant ANSI Z-87 Eye Protection

Choose the proper lenses (prescription available) for the task i.e. welding, working with chemicals etc.

3. Do Not Smoke

Smoking can cause cataracts and increases your risk for developing macular degeneration and dry eye syndrome.

4. Limit Alcoholic Beverages - Drinking alcohol dehydrates the body, including the eyes.

5. Keep Blood Sugar Within Healthy Limits

Challenging your body with foods that are rich in fat and sugar create large blood sugar fluctuations, increasing your risk for developing diabetes. Diabetic eye diseases include diabetic retinopathy, glaucoma and cataracts.

6. Keep Blood Pressure and Cholesterol Under Control

Hypertensive retinopathy left untreated can result in blindness. Strokes can affect vision via the brain or a "stroke to the eye" and usually produces profound vision loss.

7. Eat Antioxidant-Rich Foods

Foods containing antioxidants, with zinc delay the progression of advanced macular degeneration by 25%.

8. Have Regular Eye Examinations

Serious eye conditions are usually detected before vision or eye health is impacted.

Eye Trauma:

- Chemical Burns - Flush affected eye for 15 minutes with first available "drinkable" liquid.
- Punctures and Cuts - Cover eye lightly to protect from particles, don't flush or remove object.
*****Follow up with proper medical attention*****
- Specks in the Eye - Lift upper eyelid outward and down over the eyelid. Use your tears to flush.

Action Steps Made Easy:

1. Determine 2-3 activities you perform that could damage your eyes, but you don't wear eye protection.
2. Perform 2-3 activities wearing proper protection that normally you perform without eye protection.
3. Pick 2-3 areas from above to improve your eye health and safety in the coming weeks.
4. Carry an extra pair of sunglasses in each vehicle you drive. Keep an extra pair of eye protection handy.

Life Impact: Consistently protecting your eyes will ensure their maximum function and use.

Resources: www.preventblindness.org; www.osha.org; www.coolnurse.com



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