March is Workplace Eye Health and Safety Awareness Month

According to the American Academy of Ophthalmology, "the most important thing you can do to protect your vision at work is to always wear appropriate protective eyewear, which can prevent more than 90 percent of serious eye injuries."

PLEASE REVIEW THE ATTACHED EYE SAFETY PROGRAM!

Importance of Safety Eyewear

- One of the easiest and most effective ways to reduce workplace eye injuries is to wear proper safety glasses. In fact, Prevent Blindness American (PBA) estimates that 90% of workplace eye injuries could be avoided if safety eyewear is used effectively. Nearly three out of five people suffering eye injuries at work were wearing no protection at all, according to a BLS survey.
- Safety eyewear varies depending upon the type of work being done. The general rule is that anyone passing through a work site don safety eyewear to avoid injuries caused by flying objects, tools, particles and other hazards. The Occupational Safety and Health Administration (OSHA) requires employers to ensure workers have suitable eye protection.

Office Workers

- Even employees in relatively innocuous environments can suffer eye problems. The most common of these conditions is computer vision syndrome. While computer screens do not permanently damage vision, they can cause headaches, eye fatigue and difficulty focusing. Simple fixes for computer eye syndrome include taking more frequent rest breaks and repositioning the computer screen so it is at eye level.
- Another ailment incurred by office workers is dry eye syndrome, when the eyes do not produce enough tears to keep the eye comfortable, often because of heating and air conditioning systems in office buildings. Over-the-counter drops and proper hydration can help.

Annual Eye Exams Key to Prevention

- One of the most important steps employees can take to preserve their eyesight is have their eyes examined annually (or at the frequency recommended by their doctor). Eye exams will help evaluate potential unseen injuries to the eye, as well as look for signs of serious eye conditions like glaucoma and cataracts.

Remember the Basics

- Always report incidents to us immediately
- Always Notify us if your job description changes.
- Report to us safety concerns you may have.
- Let us know if you have safety tips too!

Remember, safety is everyone’s responsibility