

# Let's Focus on Eye Protection

*Either at home or at work eye protection is often overlooked and it has lifelong consequences.*

Provided by Occupation Health & Safety and American Academy of ophthalmology

When you think of eye safety, you might immediately think of protective eyewear. That is great! Wearing protective eyewear at work, at home or playing sports is the easiest way to save your eyes. Sadly, we often think of protective eyewear, but regularly skip using it when we should. In 2018, the American workforce averaged 2,000 eye injuries a day (according to the National Institute for Occupational Safety and Health, NIOSHA). Additionally, another 1,800 eye injuries per day were caused from at home accidents in 2018 alone.



The good news is that wearing protective eyewear will prevent over 90% of eye injuries. Taking a holistic approach to eye safety could include having multiple types and pairs of protective eyewear at work. Keeping a pair in the City vehicle or at each area that protective eyewear is needed helps to reinforce use and ease of use. At home just understanding that your eyes are at risk is the key. Common eye injuries at home include using trimmers or edger, using power tools, drilling or hammering into hard surface (think brick or concrete that can chip) and working with chemicals or household cleaners.

**THE EYE OPENER** – The latest smartphones boast 12 megapixel cameras, but if your eyes were a digital camera they would have 576 megapixels.

## 4 Friends or Family

*Current research is extending our understanding of social support's influence on health.*

Provided by Employee & Family Resources Wellness (EFR)

April is the fourth month and this month you are encouraged to reach out to 4 friends or family. Why? Over the past 30 years, research has shown that social support networks can increase your quality of life and in turn how long you live. Luckily it's easier than ever to connect with others on our smartphones, apps and through social media. So in this fourth month of 2019, let's stop for a minute and reach out to someone, even if it's just to say hello.

