

# NBSIA Member Services Safety Bulletin

March 2017

## WORKPLACE EYE WELLNESS MONTH



Almost 2,000 people in the U.S. injure their eyes while on-the-job *every day*. Eye injuries cost businesses \$300 million each year. Work-related eye injuries don't just occur on outdoor jobs such as construction, maintenance and landscaping; working in an office poses eyesight hazards as well. March is Workplace Eye Wellness Month, and whether you work indoors or outdoors there are many ways you can help protect your eyesight.

### Wear Proper Eye Protection

Common eye hazards on the job-site include:

- Flying objects
- Dust particles
- Chemical splashing or spraying
- High-intensity heat or light
- Direct sunlight

More than half of workplace eye injuries could be prevented by wearing personal protective equipment. Eye protection can also reduce the severity of injuries. Always use the appropriate eye protection for the job at hand, including:

- Safety glasses
- Goggles
- Face shields
- Sunglasses
- Brimmed hats

Inspect safety gear regularly and report any damaged gear to your supervisor. Improper use of equipment, or use of damaged equipment could lead to injury.

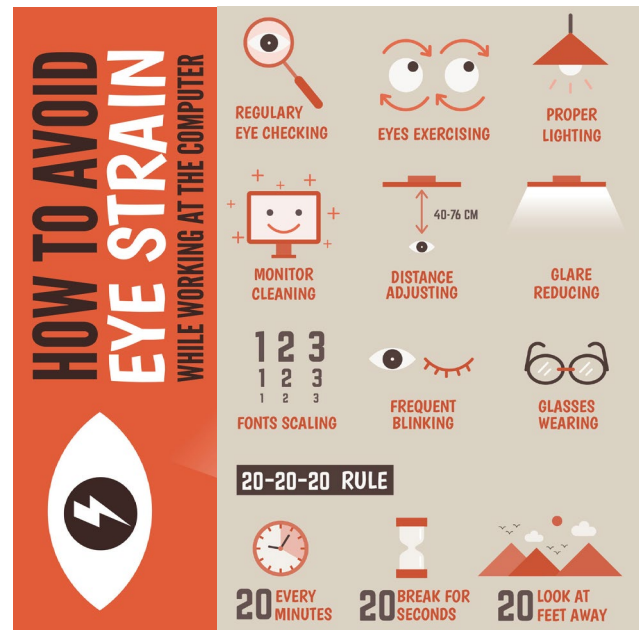
Those who come in contact with bodily fluid should wear eye protection, as infectious diseases can be transferred through the eye's mucous membrane.



### Office Eyestrain

Working in an office can be just as hazardous to eyesight. Prolonged time in front of electronic screens can deteriorate vision. To reduce eyestrain you can:

- Use an anti-glare shield on your monitor
- Practice the 20-20-20 rule: look away from your screen every 20 minutes, at an object less than 20 feet away, for 20 seconds
- Blink often to prevent eyes from becoming dry
- Get your eyes examined regularly
- Adjust the lighting in your office—too much or too little can strain your eyes



Sources  
<http://safety.blr.com/workplace-safety-news/employee-safety/eye-and-face-protection/Infographic-Take-a-Look-at-Eye-Injuries/>  
<http://yoursightmatters.com/march-is-workplace-eye-wellness-month/>  
<http://www.friendsforsight.org/resources/eye-health-awareness/item/62-workplace-eye-wellness-month-march>

### Contact Us

(707) 428-1830  
[www.nbsia.org](http://www.nbsia.org)

Suzanne Dillman  
Jeremy Hatch  
Matt Boughtin  
Amanda Prieto  
Jaclyn Moraida

SuzanneD@nbsia.org  
JeremyH@nbsia.org  
MatthewB@nbsia.org  
AmandaP@nbsia.org  
JaclynM@nbsia.org

