The Eyes Have It

Workplace Eye Safety & Health Month

The eyes definitely have it rough on the job. PreventBlindnessAmerica.org reports that more than 2,000 people injure their eyes at work each day. And about 1 in 10 of these eye injuries requires at least one missed workday. Furthermore, 10% to 20% will cause temporary or permanent vision loss.

Why are there so many eye injuries on the job? Because there are so many eye hazards, including:

- **Flying objects**, such as pieces of wood, metal, stone, or sparks. Flying objects cause nearly 70% of eye injuries, according to a Bureau of Labor Statistics (BLS) study. Many such injuries are caused by objects smaller than the head of a pin.

- **Splashes from hazardous chemicals**, acids, and other corrosives, or hot metal can seriously damage the eyes.

- **Dust, fumes, mists, gases, and vapors** can irritate or even harm unprotected eyes.

- **Swinging objects** such as ropes and chains can accidentally swing into the eye or face.

- **Electrical arcing** and sparks can damage the eyes on contact.

- **Radiant energy** from welding and cutting or operations that use ultraviolet or infrared light are yet another hazard to the eyes.

OSHA recognizes these dangers and issued 29 CFR 1910.133, which requires workers to use protection “when exposed to eye or face hazards from flying particles, molten metal, liquid chemicals, acids or caustic liquids, chemical gases or vapors, or potentially injurious light radiation.”

Follow your workplace’s eye safety measures at all times because eye injuries can happen, well, in the blink of an eye! See other articles in the newsletter for more eye protection information.
Begin with Breakfast

Get your family off to a good start

You’ve probably heard that breakfast is the most important meal of the day. You’ve probably even told your kids that. But there are real reasons you and your kids need to begin every day with breakfast. According to the East Idaho Public Health District, studies have shown that kids who eat breakfast:

☺ Are less likely to be absent from or late for school
☺ Are less likely to visit the school nurse for stomachaches or headaches
☺ Are able to concentrate better and make fewer errors
☺ Are more creative and work faster
☺ Cause fewer fights
☺ Are more cooperative and get along better with classmates
☺ Are less likely to be sent to the principal’s office for discipline

Even with these great reasons to eat breakfast, many busy families feel like they just don’t have time to make a healthy meal. They’d rather sleep in or grab something on the run.

Use the occasion of National School Breakfast Week from March 8 to 12 to get your family off to a good start each day with a healthy breakfast. Perhaps start with having a good breakfast one day a week no matter what. Then work your way up to every day. See the sidebar for quick breakfast ideas.

FBI INTERNET TIPS
When regarding online investment services:

☐ If an offer seems too good to be true, it is.
☐ Be skeptical of promises of fast profits.
☐ Don’t invest unless you understand the deal.
☐ Don’t assume a company is legitimate based on a slick-looking website.
☐ Don’t respond to e-mail investment offers.
☐ Be wary of investments that offer high returns at little or no risk.
☐ Verify the terms of any investment.
☐ Research the parties involved and the nature of the investment.
☐ Be extra cautious when dealing with individuals outside the country.
☐ Contact the Better Business Bureau to determine the legitimacy of the company.

For more information about Internet crime, go to www.ic3.gov.