

VPP Porcelain Press

Issue 31, April 24, 2003

April is Eye Safety Month!

Always use the proper protection when engaged in any activity that could cause eye injury.

Play Sports Safely —

Various types of injuries occur while playing sports, such as strained muscles and torn ligaments, but your Eye M.D. (ophthalmologist) wants you to know that **many of the most serious injuries are eye injuries.**

Every year thousands of people, many of which are children, damage or lose their vision from sports-related eye injuries. **However, the good news is that 90 percent of these eye injuries are preventable if appropriate protective eyewear is worn.** (3K001)

Read below to find the recommended protective eyewear for your sport:

Sport	Eye Protection
Basketball	Sports Goggles with Polycarbonate Lenses
Baseball & Softball	Polycarbonate or Wire Face Guards on Helmet for Batter; Sports Goggles with Polycarbonate Lenses on Field
Football	Polycarbonate Eye Shield Attached to Wire Face Mask
Paintball	Full Face Protection
Racquet Sports	Sports Goggles with Polycarbonate Lenses
Skiing/Snowboarding	High Impact Resistant Eye Protector
Soccer	Sports Goggles with Polycarbonate Lenses
Tennis	Sports Goggles with Polycarbonate Lenses

For more information, please see the website sponsored by the American Academy of Ophthalmology at: http://www.medem.com/medlb/article_detailb.cfm?article_ID=ZZZEGMLPSKC&sub_cat=32

Work Safely –

Each year, more than 700,000 work-related eye injuries occur and \$467 million in losses are incurred in medical costs, lost time, and worker compensation. Fortunately, approximately 90 percent of workplace eye injuries are easily prevented with the proper use of safety eyewear.



With nearly one million Americans suffering from some degree of sight loss due to eye injury, taking the proper precautions and safety steps is important (3K071).

- Wear the proper eye protection for the task at hand, i.e., when working with chemicals that may splash, wear goggles with side shields.
- Make sure your eye protection fits snugly.
- Keep it well maintained, scratched and dirty lenses can reduce vision and cause a glare. Tinted lenses should not be worn in poorly lit areas.

The Department of Labor's Office of Health and Safety reported that many work-related eye injuries happen because workers are not aware the eye hazards around them. The most common on-the-job eye hazards include

- flying objects
- dust and particles
- chemicals and other dangerous
- liquids, and light and heat exposure (3L098).

Three payroll numbers are included in this newsletter, if you see your number listed please call 376-4088. You just won a Safety Prize!

This Newsletter is sponsored by the VPP Steering Committee. Safety at work and in your personal time is important to us. Please let the editor know if you have suggestions for future issues. (Rob Boy, 376-4088)



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