

VISUAL HEALTH



DID YOU KNOW...

Approximately 1,000 eye injuries occur each day in U.S. workplaces.

The Bureau of Labor Statistics (BLS) reports that eye injuries occurring in the workplace cost more than \$467 million dollars a year and 90% of these injuries could be prevented if workers took appropriate safety measures.

WHAT ARE EYE INJURIES?

Any damage to the eye caused by different reasons.

WHAT ARE SOME EYE INJURIES?

- Physical injuries
- Thermal injuries
- Chemical lesions

THE RIGHT EYE PROTECTION

- Eyeglasses, mask and safety mask.
- Welder's mask, masks with special filters.
- The American National Standard Institute (ANSI) establishes the criteria for safety glasses and safety masks in 1994 and its seal of approval is Z87.2 ANSI which refers to impact protection.
- ANSI standard Z87.1 refers to general eye and face protection including chemical splash protection.

SIGNS AND SYMPTOMS OF CONJUNCTIVITIS

- Redness
- Inflammation
- Itching
- Blurred Vision

PREVENTIVE MEASURES FOR EYE CARE

- Never point your eyes directly at intense light sources, such as the sun.
- Take care of your blood pressure and blood vessels.
- Intake of adequate amounts of vitamin A and carotenoids. Found in foods such as carrots, eggs, red peppers, among others.
- Try to rest your eyes for a few minutes if you have been staring for several hours.
- Perform a visual acuity test at least once a year.
- Visit an ophthalmologist or health professional.

Remember: If we want our eyes to last a lifetime, the best thing we can do is to take care of them.