

Serious eye injuries can occur in the workplace. However, by using proper eyewear and safety measures, 90% of workplace eye injuries can be prevented.

• Choose the right eye protection for the person and the job.

• Fit the eyewear to the person so it is comfortable

and provides optimal protection.

 Use high-quality eyewear, which will last longer and provide better protection.

 Select the appropriate lens options, such as antifog, antiglare, indoor/outdoor lenses, and different colors or tints.

 Clean eyewear frequently using lint-free paper towels and a squirt bottle of cleaning solution or mild soap and water.

Replace eyewear if it becomes damaged.
 Scratched or cracked lenses are no longer safe and should be replaced.

Take care of your eyes ...the future is bright!

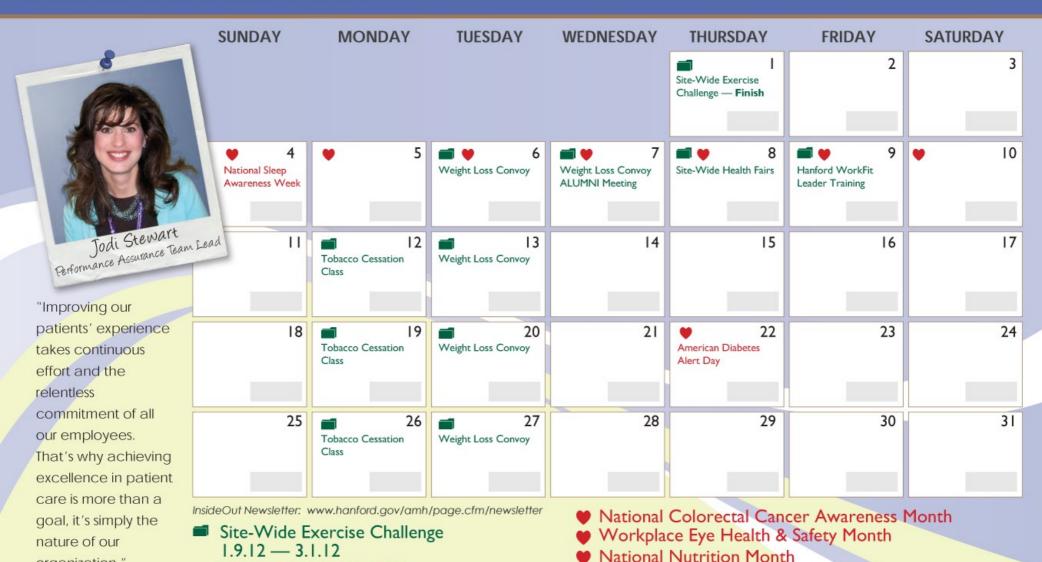


## Schedule a Speaker

organization."

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

## MARCH 2012



Service Spotlight: Ergonomics Our Industrial Rehabilitation team provides ergonomic support services to DOE and Hanford contractors upon request. Services include consultation and teaming with contractor IH and Safety, office and field ergonomic evaluation, training, and education. We can assist in evaluating areas such as manual handling, computer workstation set up, special field projects, and back safety. Visit our website or call Industrial Rehabilitation at 376-2109 for more information.

www.amhchallengetracker.com



Class or Event



**Exercise Minutes** 

## **Highway to Health**

Enter your weight at Hanford Highway to Health

Weight (in lbs.)

Blood Pressure

