

Eye Health & Safety



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!**



(Resource: Prevent Blindness America)

Schedule a Speaker

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

MARCH 2012



"Improving our patients' experience takes continuous effort and the relentless commitment of all our employees. That's why achieving excellence in patient care is more than a goal, it's simply the nature of our organization."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Site-Wide Exercise Challenge — Finish	2	3
4 National Sleep Awareness Week	5	6 Weight Loss Convoy	7 Weight Loss Convoy ALUMNI Meeting	8 Site-Wide Health Fairs	9 Hanford WorkFit Leader Training	10
11	12 Tobacco Cessation Class	13 Weight Loss Convoy	14	15	16	17
18	19 Tobacco Cessation Class	20 Weight Loss Convoy	21	22 American Diabetes Alert Day	23	24
25	26 Tobacco Cessation Class	27 Weight Loss Convoy	28	29	30	31

InsideOut Newsletter: www.hanford.gov/amh/page.cfm/newsletter

Site-Wide Exercise Challenge
1.9.12 — 3.1.12
www.amhchallengetracker.com

- National Colorectal Cancer Awareness Month
- Workplace Eye Health & Safety Month
- National Nutrition Month

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.

- Health Observance
- Class or Event
- Holiday
- Exercise Minutes

Highway to Health
Enter your weight at Hanford Highway to Health
Weight (in lbs.) _____
Blood Pressure _____

