

## March is Workplace Eye Wellness Month

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### Workplace Injuries

Each day, about 2,000 U.S. workers receive medical treatment because of eye injuries sustained at work. Workplace injury is a leading cause of eye trauma, vision loss, disability, and blindness, and can interfere with your ability to perform your job and carry out normal activities. Employers and workers need to be aware of the risks to sight, especially if they work in high-risk occupations. High-risk occupations include construction, manufacturing, mining, carpentry, auto repair, electrical work, plumbing, welding, and maintenance. The combination of removing or minimizing eye safety hazards and wearing proper eye safety protection can prevent many eye injuries.



### Safety Glasses



Personal protective eyewear such as safety glasses with side shields, goggles, face shields, and/or welding helmets can protect you from common hazards, including flying fragments, large chips, hot sparks, optical radiation, and splashes from molten metals, objects, particles, and glare. The risk of eye injury and the need for preventive measures depend on your job and the conditions in your workplace.

At the Eye Centers of Northwest Ohio, we offer a comprehensive list of Safety Frames. You can view our Corporate Brochure and Safety Frame Catalogue on our website:  
<https://www.eyecentersofnwo.com/corporate-services>

**Courtesy: National Eye Institute, National Institutes of Health (NEI/NIH)**

[www.nei.nih.gov/](http://www.nei.nih.gov/)

**Courtesy: The American Academy of Ophthalmology**

[www.aao.org/](http://www.aao.org/)

**Eye Center Corporate Services**

[www.eyecentersofnwo.com/corporate-services](http://www.eyecentersofnwo.com/corporate-services)

## Computer Vision Syndrome

Smart phones, laptops, tablets and the other digital devices we use at work and on the go put information at our fingertips. They can also put a strain on our eyes.

We want to remind you to be alert for symptoms of Computer Vision Syndrome: eye strain, dry eyes, headaches, fatigue, blurred vision and loss of focus.

There are some ways to prevent computer vision syndrome and keep your eyes feeling comfortable:

- Reposition your screen. Adjust your screen to be at a right angle away from any direct light source. Invest in an anti-glare screen for your monitor to make computer work gentler on your eyes.
- Remember the 20-20-20 rule. This rule reminds you that every 20 minutes, you should look at an object at least 20 feet away for at least 20 seconds.
- Don't forget to blink. While it may sound ridiculous, write yourself a note and place it on your monitor. Write "Blink Often" or any other message that will remind you to regularly close your eyes to keep them from getting dried out. Research has found our blink rate slows down with computer use.
- Use artificial tears. Over-the-counter eye drops can be extremely helpful in preventing dry eye and keeping your eyes comfortable.
- Drink water. Adequate hydration can make a big difference, especially during the winter months when heaters and furnaces can make the air particularly dry.
- Schedule regular comprehensive eye exams. Nothing can replace the importance of having an eye exam at regular intervals. If you have any concerns about your vision or experience any changes with your eyesight, do not delay in making an appointment.

