Keeping Your Eyes Healthy

Don't take your eyes for granted. Take these easy steps to keep your peepers healthy.

1. **Eat Well:** Good eye health starts with the food on your plate. Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E might help ward off age-related vision problems like macular degeneration and cataracts. To get them, fill your plate with:
   - Green leafy vegetables like spinach, kale, and collards
   - Salmon, tuna, and other oily fish
   - Eggs, nuts, beans, and other non-meat protein sources
   - Oranges and other citrus fruits or juices
   - Oysters and pork

A well-balanced diet also helps you stay at a healthy weight. That lowers your odds of obesity and related diseases like type 2 diabetes, which is the leading cause of blindness in adults.

2. **Quit Smoking:** It makes you more likely to get cataracts, damage to your optic nerve, and macular degeneration, among many other medical problems. If you've tried to kick the habit before only to start again, keep at it. The more times you try to quit, the more likely you are to succeed.

**AUGUST**

MONTHLY OBSERVANCES
National Wellness Month
National Eye Exam Month
MedicAlert Awareness Month
Safe & Sound Week (8-18)
Immunization Awareness Mo.

**Summer Reads**

Exercise your brain! Reading enhances connectivity in the brain. August selections:

- **The Chain** by Adrian McKinty. The perfect summertime page-turner. When Rachels’ 13 yo daughter is kidnapped, she receives a phone call letting her know she is now part of the Chain - and she must kidnap another family’s child for her own to be released. If the chain is broken, her daughter will die.

- **The New Girl** by Daniel Silva. Legendary chief of Israeli intelligence Gabriel Allon is called into action when the Saudi Arabian crown Prince is kidnapped from her private school.
3. Wear Sunglasses: The right pair of shades will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your chances of cataracts and macular degeneration.

Choose a pair that blocks 99% to 100% of UVA and UVB rays. Wraparound lenses help protect your eyes from the side. Polarized lenses reduce glare while you drive.

If you wear contact lenses, some offer UV protection. It's still a good idea to wear sunglasses for an extra layer.

4. Use Safety Eyewear: If you use hazardous or airborne materials on the job or at home, wear safety glasses or protective goggles. Sports like ice hockey, racquetball, and lacrosse can also lead to eye injury. Wear eye protection. Helmets with protective face masks or sports goggles with polycarbonate lenses will shield your eyes.

5. Look Away From the Computer Screen: Staring at a computer or phone screen for too long can cause:
   - Eyestrain, Blurry vision, Trouble focusing at a distance, Dry eyes, Headaches, Neck, back, and shoulder pain

To protect your eyes:
   - Make sure your glasses or contacts prescription is up to date and good for looking at a computer screen.
   - If your eye strain won’t go away, talk to your doctor about computer glasses.
   - Move the screen so your eyes are level with the top of the monitor. That lets you look slightly down at the screen.
   - Try to avoid glare from windows and lights. Use an anti-glare screen if needed.
   - Choose a comfortable, supportive chair.
• Position it so that your feet are flat on the floor.
• If your eyes are dry, blink more.
• Rest your eyes every 20 minutes. Look 20 feet away for 20 seconds. Get up at least every 2 hours and take a 15-minute break.

6. **Visit your eye doctor:** It is National Eye Exam Month!

**CAPTION CONTEST**

The object of the contest is to write the funniest “safety related” caption to accompany the Safety Photo of the Month.

The July Photo was:

![Image of luggage]

The winning caption:

“The good news is that our luggage made it. The bad news is that it was the first suitcase loaded onto the cart ...”

Congratulations to Tim Healy for the winning entry.
The photo in need of a caption for August is:

Submissions should be emailed to Laura Casey and place “Caption Contest” in the subject: casey@safeconsolutions.com

Each month one winner will be chosen from the entries. At year end, we will have a voting session to allow our membership to vote and choose the best caption of the 12. The year end winner will win a prize and bragging rights. Please submit appropriate language only. Submissions have decreased - PRIZE & BRAGGING RIGHTS!!! Join Us!
SCAMMERS ARE AFTER YOU!!!!

The image below depicts the signs that you should look for to identify the various ways the scammers are “phishing” for you. They want you to clink on links. They want you to be duped into opening an attachment. They want to record your information when you call them at numbers they provide.

Read and review the tips and examples in the image to try to better protect yourself from unwanted infiltration. The internet and email are wonderful tools that bring us closer to our loved ones and information about anything and everything. Educate yourself to protect yourself.
The Bottom Line - By Ed Zimmer

Wow, wasn't last month at Consumer Reports great? Pics on the website. What, you didn't attend? Well, this month's lunch meeting (8/16) will be hosted by our own Past President Don Gardner who will discuss OSHA's Machine Guarding Regulations-Interpretations and Amputation Prevention. This catered lunch event is only $10 and will be in Manchester CT. This will be a great thing to attend especially if you have any guarding or amputation issues.

Hopefully we will see a break in the heat. Just because the thermometer is not tickling three digits does not mean that you should ignore your employees exposed to the elements. Remember to keep them hydrated! And of course free of ticks, mosquitoes, sunburn, snakes, etc.

Remember that OSHA will join businesses and organizations nationwide to recognize the importance and successes of workplace safety and health programs during Safe + Sound Week, August 12-18, 2019. Organizations of any size or in any industry looking for an opportunity to show their commitment to safety to workers, customers, the public, or supply chain partners should participate.

Late September/Early October we will be returning to Colt Mfg. in West Hartford CT. Limit of 15 to this event as well (per Colt). More info to come as we get into late-August. Watch our website and your email for more info.

As usual...if you have any ideas on tours or events we should have, feel free to email me at edzimmer.csp@gmail.com.

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