

March 2021

Dear RETRO Members;



March is [Workplace Eye Wellness Month](#) and the American Optometric Association has a great article on [Protecting your eyes at work](#). Check your personal protective eye gear and make sure that your employees are properly using them. Remember eyes are priceless and eye protection is cheap!

#### **What contributes to eye injuries at work?**

Eye injuries are one of the most common workplace injuries, but is the easiest to prevent. The Bureau of Labor & Statistics compiled the following data on eye injuries at work.



- **Not wearing eye protection** - Nearly 3 out of every 5 workers injured were not wearing eye protection at the time of their accident.
- **Wearing the wrong kind of protection for the job** - About 40% of the injured workers were wearing eyeglasses without side shields. Tight-fitting goggles offer the most complete protection and should be worn for liquid chemical hazards.
- **Flying objects** – Nearly 70% of the accidents studied resulted from flying or falling objects striking the eye. 60% of the objects were smaller than a pin head. 20% of the injuries were caused by contact with chemicals. Other accidents were caused by objects swinging from a fixed or attached position.

Diminished or loss of sight will be a game changer on how you work so practice protecting your vision. More information on eye safety can be found here:

- Good videos can be found at [RS SafetyTV](#)
- **SAFEME** has an [Eyewash lesson](#)
- L&I [Safety Meeting Kit for Personal Protective Gear on Eye Protection](#)

### Why is ladder safety important?

Well, ladders are one of the major causes of fall-related fatalities, according to the National Safety Council's statistics. Approximately 65,000 individuals receive emergency room treatment due to ladder accidents each year.

Most ladder incidents happen as you are **coming back down and at ten feet or less from the ground**. Remember to use the right ladder for the project.



More ladder information is available on:

- [RS SafetyTV](#),
- [RS Safety Library](#)
- **SAFEME** has a [Ladders module](#).

Thinking safety for you,

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