

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](#).

Personal Protective Equipment. One way to prevent injury at work is to wear proper personal protective gear. It is important to know the hazards you face on the job, then use the proper equipment to protect against those hazards. Review your PPE training for the following:

- **Gloves** are important whenever there is potential for cuts to your hand or even a chemical on your skin. Be sure to choose the right glove for the right job!
- **Ear Plugs/Muffs** There are many types of ear protection from soft foam inserts to over the ear-muff styles. Find a type that you are comfortable with and wear them whenever you will be exposed to loud noises.





- **Protect eyes** by wearing approved glasses, goggles or face shields. Wear eye protection when working around chemicals, while cutting material, when using power equipment and when spraying or sanding.
- **Safety boots** with metal toecaps protect workers handling heavy loads or working around moving equipment.
- **Respirators** are necessary in some jobs to prevent nose and throat irritation or to prevent ingesting dangerous chemicals or vapors. Respirators should be worn when there will be a lot of dust, vapors or gases emitted into the air.
- **Hard hats** should be worn by all workers where there is a danger of flying, falling, and moving objects. A small object falling from high, can turn into a projectile quickly and can hit a worker below with great force and cause serious injury.

Additional PPE information can be found:

- [RS Safety Library](#)
- [RS SafetyTV](#) under the topic PPE,
- SAFEME has a PPE lesson.

Thinking safety for you,

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