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Provided by: Sullivan Benefits

Workplace Eye Wellness Month

The workplace can present a variety of dangers to one's eyes. Eye injuries can be caused by flying objects in the air, chemical splashes, tools and particles. The good news is that approximately 90 percent of all work-related eye injuries can be prevented by wearing the proper personal protective equipment (PPE) while on the job.

In honor of Workplace Eye Wellness Month, reduce your risk of eye injuries by taking steps to eliminate hazards and wearing the appropriate eye protection. Consider the following recommendations:

- Select safety glasses or goggles that are appropriate for the job and your facial features. Glasses should rest firmly on the top of your nose and close to, but not against, the face.
- Always keep safety goggles and glasses clean. Scratches and dirt can reduce vision and may contribute to accidents.
- Wear glasses or goggles that are properly ventilated for the work you are performing.
- Identify and eliminate the dangers in your workplace before beginning your tasks for the day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	National Endometriosis Month National Nutrition Month National Cheerleading Safety Month Trisomy Awareness Month Bleeding Disorders Awareness Month			National Colorectal Cancer Awareness Month National Kidney Month Problem Gaming Awareness Month Save Your Vision Month Workplace Eye Wellness Month		
			1 Ash Wednesday	2	3	4
5	6 National School Breakfast Week (6-10) National Sleep Awareness Week* (6-13)	7	8	9 World Kidney Day	10 National Women and Girls HIV/AIDS Awareness Day	11
12 Patient Safety Awareness Week (12-18)	13 Brain Awareness Week (13-19)	14	15	16	17 St. Patrick's Day	18
19 National Poison Prevention Week (19-25) National Tsunami Preparedness Week (19-27)	20 National Native American HIV/AIDS Awareness Day	21	22 American Diabetes Alert Day	23	24 World Tuberculosis Day	25
26	27	28	29	30	31	

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