



Weekly Safety Tip

**Workplace Eye
Wellness Month**

Workplace eye injuries by the numbers



18,630
on-the-job eye injuries forced employees to take time off in 2019.



90%
of workplace eye injuries are preventable with protective eyewear.



\$300 million
in treatment, worker's comp and loss of productivity each year due to workplace eye injuries.

Eye injuries by industry:

34% of all nonfatal workplace eye injuries happen in manufacturing and construction. - U.S. Bureau of Labor Statistics, 2019



Tips to ease eye strain



Sit at arm's length, or 25 inches, from the computer screen.



Every 20 minutes, look 20 feet away for 20 seconds.



Adjust your room lighting and increase the contrast on your computer.



Use artificial tears to refresh your eyes when they feel dry.

About 2,000 workers sustain job-related eye injuries each day



Flying or Falling Objects



Tools



Chemicals



Particles & Sparks

90% could have been avoided by wearing eye protection

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Learn more at aao.org/eyesmart

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**Have You Heard About Life's
Essential 8?**

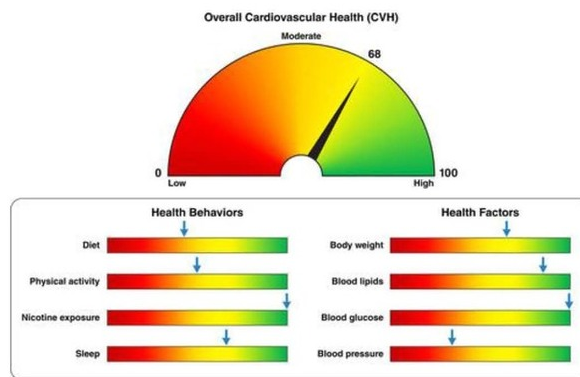
Are you aware that **Sleep** was added to AHA Life Essentials?



Are you aware that the American Heart Association (AHA) added **sleep** to its cardiovascular health checklist in 2022. The addition of sleep to the checklist underscores the importance of quality sleep in overall health. Consequently, AHA's previous checklist, known as "Life's Simple 7" was updated to "Life's Essential 8". Cardiovascular disease is the top cause of death worldwide. Since the Simple 7 was published in 2010, research has repeatedly shown that poor sleep increases the risk of CVD - cardiovascular disease, depression, obesity, and dementia. The AHA recommends that adults get 7-9 hours of sleep each day.

AHA Life's Essential 8	What you can do to achieve ideal cardiovascular health
1. Eat Better	1. Eat a healthy diet consistent with American Heart Association recommendations.
2. Be More Active	2. Get at least 150 minutes of moderate intensity physical activity or 75 minutes of vigorous-intensity activity (or a combination of both) each week.
3. Quit Tobacco	3. Don't smoke, vape or use other tobacco products and avoid second-hand smoke.
4. Get Healthy Sleep	4. Aim for an average of 7 to 9 hours of sleep a day.
5. Manage Weight	5. Reach and maintain a healthy body weight (body mass index less than 25 kg/m ²).
6. Control Cholesterol	6. Get your cholesterol checked and talk to your health care professional about your numbers and how they impact your overall risk.
7. Manage Blood Sugar	7. Keep fasting blood sugar less than 100 mg/dL or an A1C of less than 5.7%.
8. Manage Blood Pressure	8. Keep blood pressure below 120/80 mm Hg.

The American Heart Association created a calculator that you can use to rate your overall cardiovascular health (CVH), with an example score shown below, which is separated into two groupings: **Health Behaviors** and **Health Factors**.



To learn more about the Essential 8 and assess your own heart health, visit www.heart.org

David A. Varwig, CSP-retired and member of SCNWO Board of Directors for





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