

# News & Notes

## HOME EYE SAFETY

We concentrate on eye protection at work and rightly so. But what happens when we leave work and go home?

### HOME EYE INJURY STATISTICS

According to the American Academy of Ophthalmology:

- There are 1.5 million eye injuries that happen at home every year.
- 90% of these injuries could have been prevented by using protective eyewear.
- Accidents involving common household chemical products cause approximately 125,000 eye injuries each year.

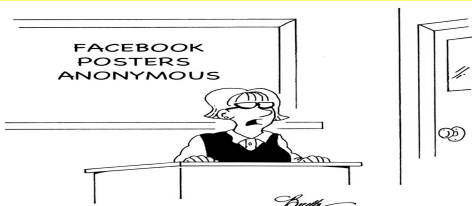
### DANGEROUS HOME ACTIVITIES

- Painting, sanding, drilling and hammering.
- Nail guns (14,800 nail gun incidents a year)
- Cooking and cleaning
- Yard work (ever get hit by debris when using a line trimmer)

### HOME PROTECTIVE EYEWEAR REMINDERS

- Wear chemical safety goggles when using hazardous solvents and detergents, and do not mix cleaning agents.
- Turn spray nozzles away from your face.
- Read and follow directions when opening bottle-tops (i.e. wine, carbonated beverages).
- Wear safety glasses when cutting grass or using a trimmer or edger.
- Wear safety glasses when doing any woodworking activities
- Wear recommended protective eyewear during sports and recreational activities.
- If you get something in your eye do not rub; if chemical related flush the eye immediately for at least 15 minutes.
- Do not remove objects that are stuck in the eye as this could cause vital fluids to leak out.
- Do not wash eye when dealing with cuts or punctures.
- Use a cold compress to treat a blunt trauma injury such as a black eye; do not apply pressure.
- Get immediate medical attention for any eye injury.

**PROTECT YOUR EYES AT HOME LIKE YOU DO AT WORK!**



"My name is Debra and it's been 3 hours since I posted pictures of my cat, my grandchildren, my dinner, my..."

### ST. PATRICK'S DAY RIDDLES

- 1) What do you call a leprechaun with a sore throat?
- 2) What happens when a leprechaun falls into a river?
- 3) Why are leprechauns hard to get along with?
- 4) Do leprechauns get angry when you make fun of their height?
- 5) Where would you find a leprechaun baseball team?

Answers on Page 2 Safety Bits & Pieces

# Safety Matters

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## Workplace Eye Safety

### Workplace Eye Injury Treatment

March has been designated Workplace Eye Safety and Health Month. Eye injuries in the workplace are very common. 2,000 U.S. workers sustain job-related eye injuries that require medical treatment each day. However, safety experts and eye doctors believe wearing the correct eye protection (safety glasses, goggles, face shields) can lessen the severity or even prevent 90 percent of these eye injuries.

#### What should be done in an eye emergency?

Seek medical attention as soon as possible following an injury, particularly if you have pain in the eye, blurred vision or loss of any vision. Several simple first aid steps can and should be taken until medical assistance is obtained.

#### First aid for chemicals in the eye:

☞ Immediately flush the eye with water for at least 15 minutes. Place the eye under a faucet or shower, use a garden hose, or pour water into the eye from a clean container.

☞ If you are wearing contact lenses, immediately remove them before flushing the eye.

☞ Do not try to neutralize the chemical with other substances.

☞ Do not bandage the eye.

☞ Seek immediate medical attention after flushing.

#### First aid for particles in the eye:

☞ Do not rub the eye.

☞ Try to let your tears wash the speck out, or irrigate the eye with an artificial tear solution.

☞ Try lifting the upper eyelid outward and down over the lower eyelid to remove the particle.

☞ If the particle does not wash out, keep the eye closed, bandage it lightly and seek medical care. Some particles, particularly metallic ones, can cause rusting spots on the eye if left untreated for several days. If you are unsure if the object is gone, do not delay medical care.

#### First aid for blows to the eye:

☞ Gently apply a cold compress without putting pressure on the eye. Crushed ice in a plastic bag can be placed gently on the injured eye to reduce pain and swelling.

☞ In cases of severe pain or reduced vision, seek immediate medical care.

#### First aid for cuts and punctures to the eye or eyelid:

☞ Do not wash out the eye.

☞ Do not attempt to remove an object that is stuck in the eye.

☞ Cover the eye with a rigid shield, like the bottom half of a paper cup.

☞ Seek immediate medical care.



### SAFETY TIPS OF THE MONTH

To protect your eyesight as you age:

- 1) Find out if you are at higher risk for eye disease. Get your eyes checked every two years.
- 2) Have regular physical exams to check for diabetes and high blood pressure.
- 3) Look for warning signs of vision change.
- 4) Protect your eyes from harmful UV light.

## Safety Bits & Pieces

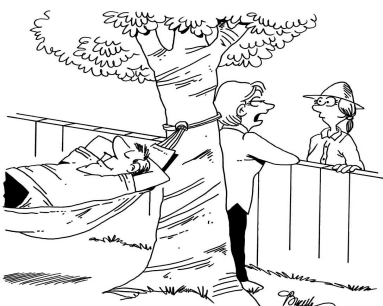
### TIPS FOR LIFTING SAFELY

- ☞ Test every load before you lift by pushing the object lightly with your hands or feet to see how easily it moves. This tells you about how heavy it is. Remember, a small size does not always mean a light load.
- ☞ Make sure the weight is balanced and packed so it won't move around. Loose pieces inside a box can cause accidents if the box becomes unbalanced.
- ☞ Be sure you have a tight grip on the object before you lift it. Handles applied to the object may help you lift it safely.
- ☞ To avoid hurting your back, use a ladder when you're lifting something over your head.
- ☞ Get as close as you can to the load. Slide the load towards you if you can.
- ☞ Don't arch your back—avoid reaching out for an object.
- ☞ Do the work with your legs and your arms—not your back.
- ☞ Use slow and smooth movements. Hurried, jerky movements can strain the muscles in your back.
- ☞ Keep your body facing the object while you lift it. Twisting while lifting can hurt your back.
- ☞ Keep the load close to your body. Having to reach out to lift and carry an object may hurt your back.
- ☞ "Lifting with your legs" should be done only when you can straddle the load. To lift with your legs, bend your knees, not your back, to pick up the load. Keep your back straight.
- ☞ Try to carry the load in the space between your shoulder and your waist. This puts less strain on your back muscles.

### ST. PATRICK'S DAY RIDDLES ANSWERS

- 1) A streprechaun!!
- 2) He gets wet.
- 3) Because they're very short tempered!
- 4) Yes, but only a little!
- 5) In the Little League!

### ON THE LIGHTER SIDE...



"We did date for a long time before we got married, so I guess he is a preexisting condition."

### QUOTATION OF THE MONTH

May your blessings outnumber  
The shamrocks that grow,  
And may trouble avoid you  
Wherever you go...  
Irish Blessing

## NATIONAL POISON PREVENTION WEEK

When spring begins on March 20, thoughts of household cleaning and the beginning of yard work come to mind. It should also remind us of National Poison Prevention Week, always the third week of March (19-25 in 2017). Congress established this event to raise awareness and reduce unintentional poisonings. Nationally, poison centers conduct several activities to elevate local attentiveness to the dangers.

- ☞ You are encouraged to open windows and turn on fans when you use strong chemicals. Always keep them in their original containers rather than in alternate containers or unlabeled bottles. Always read the directions for use and disposal.
  - ☞ Never sniff a chemical and never mix chemicals, which can create poisonous gases.
  - ☞ Drain openers, toilet cleaners, rust removers and oven cleaners can cause burns to the skin.
  - ☞ Even a small amount of windshield wiper fluid, which contains methanol, can cause blindness or death to people and pets if swallowed or sprayed in someone's face.
  - ☞ Gasoline, kerosene, charcoal lighter fluid, paint thinner, baby oil and furniture polish are poisonous. If swallowed, they can get into the lungs and cause severe breathing problems or permanent scarring of the lungs. Secure poisonous chemicals in a safe place/manner.
  - ☞ When using pesticides outdoors, wear a face mask, gloves and protective clothing with long sleeves and long pants. Wash the clothing immediately after use.
  - ☞ Pesticides that are taken into your skin or inhaled can be lethal. If they are accidentally splashed onto the skin, rinse the area with running water for 15 minutes.
  - ☞ Many outdoor plants can cause allergic reactions, like intense itching and blisters. Learn to identify poison ivy and oak or poison sumac before beginning brush clearing.
- If you or someone else has been poisoned, immediately call Poison Help (1-800-222-1222), which connects to your local poison center. Call 911 if the person is not breathing.



### From the State of Delaware's Office of Highway Safety...

#### Designate a Sober Driver This St. Patrick's Day

St. Patrick's Day has long been celebrated by millions of Irish Americans and many more who want to partake in the festivities. Tragically, March 17<sup>th</sup> has become one of the nation's deadliest holidays due to the number of drunk drivers on the road. The Delaware Office of Highway Safety is urging you to keep our roadways safe by planning ahead. If you'll be drinking alcohol, remember to designate a sober driver.

#### What you need to know

Our law enforcement will be on high alert for impaired drivers. The Office of Highway Safety and law enforcement across Delaware will be conducting statewide checkpoints on St. Patrick's evening. Impaired driving crashes are completely preventable and if you are caught drinking and driving, you will be arrested.

- In 2016, St. Patrick's Day fell on a Wednesday. During the week of St. Patrick's holiday celebrations in Delaware, there were: 124 DUI arrests; 27 injury crashes; 2 fatal crashes. Impaired pedestrians are at risk too. If you have been drinking, you should not be walking on the roadways. Pub crawlers, make sure you move from place to place safely. Many people underestimate the dangers of walking while intoxicated on busy roadways.

#### What you can do

A drunk driving arrest can result in jail time, the loss of your driver's license, higher insurance rates and dozens of other unanticipated expenses and consequences. It's not worth it.

- Before celebrating St. Patrick's Day this year, plan a safe way home. Before drinking, designate a sober driver
- If you're impaired, use ride service like Uber, Lyft or call a taxi
- If you are planning on driving, commit to staying sober
- If you see a drunk driver on the road, contact 911 when it is safe to do so
- If you know someone who is about to get behind the wheel while impaired, help that person make other arrangements to where he or she is going
- If you are walking, remember to use sidewalks, cross at crosswalks and with the cross walk signal
- Impaired pedestrians should not be on the roadway. Use a service like Uber, Lyft, a taxi, or designate a sober driver

For more information on traffic safety, visit [www.ohs.delaware.gov](http://www.ohs.delaware.gov). Follow us on Twitter at [www.twitter.com/DEHighwaySafe](https://twitter.com/DEHighwaySafe) and Facebook [www.facebook.com/ArriveAliveDE](https://www.facebook.com/ArriveAliveDE).

**Drive Sober. Arrive Alive DE.**