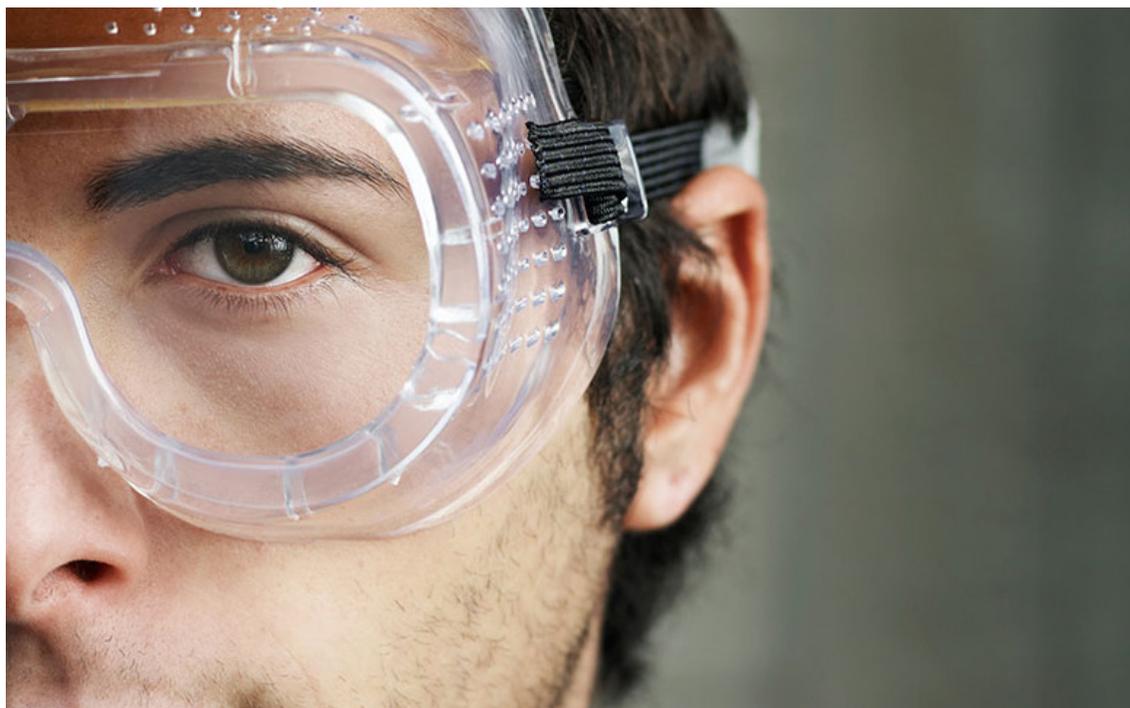


HealthNews

Workplace Eye Injuries



Workplace Eye Injuries

According to the Centers for Disease Control, there are nearly 800,000 work-related eye injuries each year. Every day, approximately 2,000 U.S. workers receive medical treatment for eye injuries related to or sustained at work. While vision loss is one of the 10 most common disabilities, 90 percent of eye injuries are preventable.

Eye injuries occur most often among those who operate heavy machinery or equipment with moving parts and among those who work in construction. 70% of eye injuries are caused by an object or piece of equipment coming into contact with the eye, and 26% of eye injuries are due to exposure to harmful substances or environments.

In addition to eye injuries, as more Americans are becoming increasingly digitized, digital eye strain or computer vision syndrome has also become an increasing issue in the United States. Eye strain is physical discomfort after screen use for longer than two hours at a time. Studies indicate that 50 to 90 percent of computer users suffer from visual symptoms of computer vision syndrome.



HIGHLIGHTS

Computer Vision Syndrome / Eyestrain



RECIPES

Salsa Verde Shrimp with Cilantro Rice



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Computer Vision Syndrome / Eyestrain

With an increase in digital technology, many individuals suffer from computer vision syndrome. Computer vision syndrome is a collection of problems, mostly eye- and vision-related, associated with computer use. Symptoms include:

- Eyestrain, (dry eyes, blurred vision, red or pink eyes, burning, light sensitivity, headaches) and
- Pain in the shoulders, neck and back.

Prevention of Eyestrain

- Visit an eye doctor for a dilated-eye exam to make sure you're seeing clearly and to detect any potential vision issues.
- Wear proper eye wear - Eye wear is available with lenses featuring digital eye strain-reducing capabilities.
- Take frequent breaks from using digital devices.
- Reduce overhead lighting to eliminate screen glare.
- Adjust the brightness and contrast of computer monitors to workers' preferences.
- Place computers parallel to – not directly under – overhead lights, and angle monitors away from lights and windows.
- Position yourself at arm's distance away from the screen for proper viewing distance when at a computer.
- Increase text size on devices to better define content on the screen.

Watch a video on [Computer Screen Syndrome](#) on your Personal Health Dashboard.

Salsa Verde Shrimp with Cilantro Rice



Ingredients

- 1 c. white rice
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. diced shallot
- 2 cloves garlic, minced
- 1 lb. shrimp, peeled and deveined
- Kosher salt
- Freshly ground black pepper
- 1 c. salsa verde
- 1/4 c. chopped fresh cilantro, divided
- Lime wedges, for serving

Preparation

1. Cook rice according to package instructions.
2. In a large skillet over medium-high, heat oil. Add shallot to the skillet and season with salt and pepper. Cook until beginning to soften, about 3 minutes. Stir in garlic and cook until fragrant, about 1 minute more.
3. Season shrimp with salt and pepper and cook until cooked through, 2 minutes per side. Add salsa verde and stir until warmed. Stir in about half of the cilantro.
4. Before serving, fluff rice and fold in remaining cilantro. Top with salsa verde shrimp and serve with lime wedges.

Level: Easy

Yields: 4 servings

Source: Delish

[Recipe Link](#)



Tell Us Your Story!

Do you have a success story you would like to share?

Please log into your PHD and under the Assessments tab click: [Tell Your Success Story](#)

By sharing your story, you enter to win a free Fitbit Flex 2.

A new winner will be chosen and awarded a prize every quarter in 2018.



Eye Injury Prevention

Know the Dangers at Your Work

- Projectiles (dust, concrete, metal, wood and other particles)
- Chemicals (splashes and fumes)
- Radiation (especially visible light, ultraviolet radiation, heat or infrared radiation and lasers)
- Bloodborne Pathogens (hepatitis or HIV) from bodily fluids including blood

Create A Safe Work Environment

- Use the proper machine guards, screens or other controls
- Minimize hazards from falling or unstable debris
- Make sure that tools work properly
- Keep bystanders out of hazardous areas

Use Proper Eye Protection

- Keep your safety eye wear in good repair and replace them when they become damaged
- Match appropriate eye protection for the hazard
- Ensure proper fit and consistent use of the eye and face protection



Develop and Implement Safety Practices

- Remove debris from hard hats, hair, forehead, or the top of eye protection before exposing eyes and face
- Do not rub eyes with unclean hands or dusty and dirty clothing

Have a Plan in Place for Responding to Injury

- Be prepared for a possible injury and stock appropriate first aid supplies
- Know the best safety procedures for the injuries likely on the job site
- Create a plan for communicating with emergency medical help as well as internally with shift and senior managers