

MCLB ALBANY SAFETYGRAM

5 Tips to Help Protect Your Vision

You don't think about your eyes all that much unless you have a problem with your eyes. You wake up, open your eyes and continue on with your day. Only when your eyes begin to burn, itch, sting or strain, do you think about calling a doctor. Your eyes are sensitive and complex which means damage can be done more easily and have a great impact on your vision. Sight is not something to take for granted. Here are five tips to help protect your vision.

1. Get Your Eyes Checked

- Get your annual exam at the eye doctor.
- See an optometrist if you believe something is wrong with your eyes.

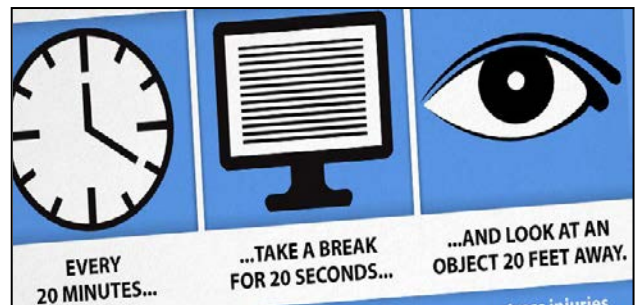


2. Eat Vision Enhancing Food

- Eat foods packed with beneficial nutrients, such as, spinach, citrus fruits, melons broccoli, salmon, carrots, etc. These foods have just what your eyes need to stay healthy.
- Try supplements with nutrients and vitamins you need if you do not have time to cook.

3. Give the Screens a Rest

- Give your eyes a break and set down phones and laptops for a while.
- Use the 20-20-20 Rule (*Every 20 minutes, for at least 20 seconds, look at something 20 feet away*) when spending long periods in front of the screen.
- Reduce the brightness on your screen or install a filter that mimics natural light.
- Enlarge the font size on your smartphones and computers.



4. Wear the Right Eye Protection

- Use sports goggles when playing basketball or baseball.
- Wear safety goggles when gardening or while performing other outdoor maintenance.
- Use sunglasses when exposed to UV rays.
- Wear swimming goggles under water when exposed to pool chemicals.

5. Avoid Bad Habits

- Don't keep contact lens in too long. Adhere strictly to the manufacturer's or optometrist's recommendation when using contact lens.
- Don't read or write with low light. Shine a light directly over the page rather than over the shoulder.
- Don't rub your itchy eyes with dirty hands. Frequent eye-rubbing can damage the eye's surface.
- Don't smoke. Smoke damages eye tissue and increases the risk of macular degeneration.



For more information on how to protect your vision, please visit www.aoa.org.



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