



MAINTAINING HEALTHY EYES

Eye Health

Your eyes are a very important part of your health and daily living. There are several things you can do to make sure that you are always seeing your best and maintaining healthy eyes well into your golden years.

Did You Know?

The human eye is an essential and very delicate body part. This means that the eyes can become damaged easily. A hard blow is **NOT** necessary to damage the eye(s). Damage to the eye(s) can be caused by something as tiny as a shaving or speck of metal, a particle of dust, or the slightest trace of a chemical substance.



Eye Fact vs Eye Myth

Eating carrots will improve your vision.

This is a fact.

Carrots are high in Vitamin A. Vitamin A is a nutrient essential for good vision. Vitamin A is not only found in carrots; other food sources that include Vitamin A are kale, spinach, cantaloupes, papaya, raw milk, cheese, eggs, butter, and organ meats such as liver.



Eye Fact vs Eye Myth

Sitting too close to the television or reading in the dark will damage your vision.

This is a myth.

According to the American Academy of Ophthalmology, sitting closer to the television than normal may cause a headache, but it will not damage your vision. However, sitting too close to the television could be a sign of nearsightedness.

Reading in the dark may also cause one to experience a headache or eye strain as it is dark, but this does not cause your eyes to weaken or cause any vision damage or impairments.



Workplace Eye Safety

Thousands of eye injuries occur in the workplace each year. It is very important that you follow all protocols and procedures set forth by your employer regarding eye protection. Wearing the proper eye protection and equipment provided by your employer is a simple way to prevent injuries and keep your eyes safe at work.



OSHA Eye and Face Standards Reference

“The employer shall ensure that each affected employee uses eye or face protection when exposed to eye or face hazards from flying particles, molten metals, liquids, chemicals, acids or caustic liquids, chemical gases or vapors, or potentially injurious light radiation.”

The 20-20-20 Rule

According to the National Eye Institute, if you spend a lot of time at the computer or focusing on any one thing, you tend to forget to blink, and your eyes can become fatigued.

The 20-20-20 rule states that every 20 minutes you should look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.



Tips for Maintaining Healthy Eyes

- Schedule a routine comprehensive dilated eye exam.
- Quit or never start smoking.
- Wear shades to protect eyes from the sun's ultraviolet rays.
- Practice the 20-20-20 rule to give eyes a rest as needed.
- Be knowledgeable of your family's eye health history.
- Eat food sources containing Vitamin A such as fruits and vegetables. Maintaining a healthy weight will also decrease the onset of diabetes, which can lead to vision loss. *"Eat right to protect your sight"*
- Wear protective eyewear on the job or anywhere else it is needed.



Reference

American Academy of Ophthalmology

<https://www.aao.org/>

National Eye Institute

<https://nei.nih.gov/>

Occupational Safety and Health Administration (OSHA)

<https://www.osha.gov/SLTC/eyefaceprotection/index.html>

