



Yelm Family Medicine Patient Newsletter

COMMITTED TO YOUR HEALTH

Eye Injury Prevention Month

Make Safety a Priority during Eye Injury Prevention Month

With half of all eye injuries happening in the home, we could all use a gentle reminder about the importance of eye safety. The American Academy of Ophthalmologists sponsors Eye Injury Prevention Month every October to reinforce the importance of preventing accidents and injury. This is appropriate because World Health Organization's World Sight Day is observed on the second Thursday of October each year to bring attention to blindness and vision impairment.

Experts claim that more than 90 percent of eye injuries can be prevented by wearing protective eyewear and taking some simple precautions. Goggles or safety glasses should be worn while doing yard work, using power tools and playing sports. The most effective eyewear should be snug with a wrap-style frame to keep airborne particles from getting behind the lenses.

Careless accidents can happen when we are not regularly assessing our surroundings. Our homes are full of everyday objects that can cause eye injury: kitchen knives, scissors, letter openers, pencils, rubber bands, and

IN THIS ISSUE

Haunted Houses

My Morbid Mind

Address: 4548 Marvin Rd SE,
Lacey, WA 98513

Phone: (360) 455-3330

Scary night

Address: 403 N Nenant St,
Bucoda, WA 98530

Phone: (425) 327-9400



champagne corks. There are countless ways to permanently damage our eyes if we do not store sharp objects correctly or if we use them irresponsibly.

To assess whether a task requires safety glasses or goggles, ask yourself if it will involve:

- Hazardous chemicals or other substances that could damage your eyes upon contact
- Flying debris or other small particles. Note that both active participants and bystanders can be at risk from such activities.
- Projectiles or objects that could fly into the eyes unexpectedly

Your vision is irreplaceable, so treat it with care. Eye injury risk increases with factors such as being rushed, feeling tired, performing an unfamiliar task or being distracted. Sometimes, all we need is a regular “habit checkup” to see how well we are caring for our eyesight. Make this year your best yet when it comes

to your vision. Celebrate Eye Injury Prevention Month by wearing appropriate eye protection and being even more aware of the potential for eye injury

(Source: [Get Eye Smart](#)).



Whether you are at home mowing your beautiful garden with a lawnmower and cleaning your kitchen with household chemicals or you are at work cutting wood and welding steel, you are at risk of eye injury. In the United States, nearly 2.5 million people suffer from eye injury each year, as a result of which nearly one million people have lost some of their sight.

Facts about Eye Injuries

- Men are more prone to eye injuries than women.
- Every year, more than 40 percent of eye injuries are associated with sports and recreational activities.

- Eyes can be damaged by sun exposure, not just chemicals and dust. Prevention is specifically essential for those in their teens, twenties and thirties, as their eyes are the most vulnerable to the sun’s ultraviolet rays.
- Accidental eye injury is one of the leading causes of visual impairment in the United States
- Wearing protective eyewear during home-based activities can help prevent 90% of all eye injuries.

OCTOBER
**Eye Injury
Prevention
Month**
www.AAAO.com
Bringing Wellness to the Workplace



October-Eye Injury Prevention Month

- October is celebrated as eye injury prevention month.
- It is organized by the American Academy of Ophthalmology to increase awareness on prevention of eye injuries.