

SAFETY FOCUSED

Presented by Blackfriars Insurance Brokers Ltd

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Recognising Workplace Eye Health

Whether from working on a computer all day or from exposure to hazardous situations, eye injuries in the workplace are very common. Each day, more than 2,000 people injure their eyes at work, and 10-20 per cent of those injuries result in temporary or permanent vision loss.

Common causes for workplace eye injuries are:

- Flying objects and particles
- Tools
- Chemicals
- Harmful radiation
- Digital eyestrain

Thankfully, 90 per cent of all workplace eye injuries can be avoided. Take care of your eyes by remembering these safety tips:

- Wear safety eyewear whenever there's a chance of eye injury, even if you're only exposed for a short amount of time.
- If you're working in an area that has particles, flying objects or dust, wear safety glasses with side shields.
- If you are working with chemicals, wear goggles.
- If you are working near hazardous radiation, wear special-purpose eyewear designed for that task.
- To combat digital eyestrain, drink plenty of water and remember the 20-20-20 rule. Every 20 minutes, look at an object at least 1 metre away for at least 20 seconds.

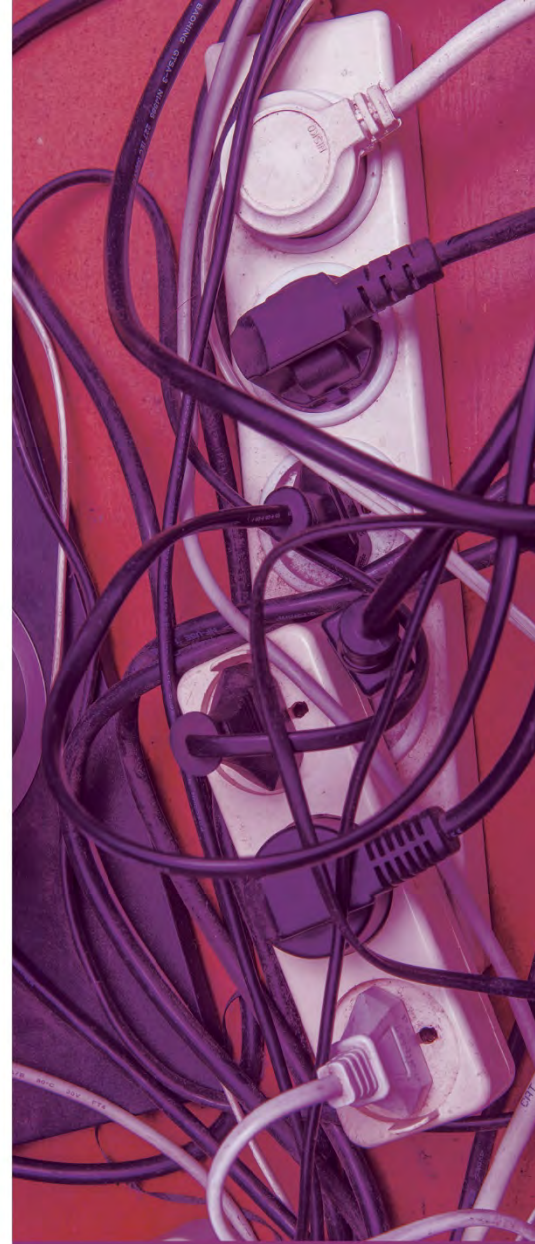
Experts believe that the right eye protection could have lessened the severity of, or even prevented, 90 per cent of eye injuries in accidents.

Tips for Safe Spring-cleaning

Spring is a great time of year to get rid of the clutter you've accumulated over the winter and tackle the dust and grime that has crept into your workspace. It's also a great opportunity to think about safety and eliminate potential hazards. Be sure to keep these tips in mind when spring-cleaning:

- Take a look at the cables connecting your computer equipment, phone, mobile device chargers and other electrical items. If there is any risk of your feet getting tangled, the cables could cause a tripping hazard. Keep cables grouped together safely, away from your legs and feet.
- Read safety labels before using cleaning products. Some can release toxic fumes or even cause chemical burns if not used properly. When finished using them, store them safely, away from heat sources and direct sunlight.
- Tackle workplace clutter by discarding unnecessary items, especially if anything has spilt over to the floor or piled up to unsafe heights on your desk.
- If disposing of old documents, place them into secure recycling containers to avoid jeopardising personal and company information.
- Remove expired items from refrigerators and use a food-safe disinfectant to clean fridge shelves and drawers.

Spring is also a good time to check your personal protective equipment to ensure it still fits properly and is in good condition.



DID YOU KNOW?



25% of bosses said they're less likely to promote someone who has a messy desk.