

March is Workplace Eye Wellness Month.

All Eyes on Eyewashes



Do you know where your workplace eyewash station is located? If not, seek it out and make sure it is easily accessible and not blocked by clutter or other obstacles — you don't want to waste any time when it comes to getting something out of your eye.

If your workplace doesn't require an on-site eyewash station, you can use a bathroom sink or water fountain as an eyewash. To remove a chemical from your eyes, follow these easy, but important steps:



① **Do not rub your eyes or use eye drops.** Instead, *immediately* flush your eyes with tepid water for at least 15 minutes. **CAUTION:** If a chemical is splashed in your eye, get someone to read the container label and/or the Safety Data Sheet (SDS) for first-aid instructions. Some chemicals require longer times or in exceptional cases, require a specific cleansing agent.

② **Hold your eyes open with your fingers** while flushing and roll your eyes.

③ **If irritation persists,** repeat the procedure.

④ **Have someone take you to the emergency room** or your eye doctor immediately after even if your vision is clear.

⑤ **Take a copy of the Safety Data Sheet (SDS)** or label information with you.

SAFETY CORNER



National Poison Prevention Week is March 20 to 26.

Prevent Poison Absorption

Accidental poisonings

typically involve ingesting pills or chemicals, but many poisons can also be absorbed through the skin. The Centers for Disease Control and Prevention estimates that more than 13 million workers in the U.S. may be exposed to such chemicals that can



be absorbed through their skin. As a safeguard, check your Safety Data Sheets (SDS) before working with any chemicals — including cleaning supplies, fertilizers and pesticides. To prevent skin irritation or worse:

SUBSTITUTE a nontoxic chemical if you can.

READ the product's SDS before using or disposing any chemical or cleaner.

FOLLOW your employer's safety information.

WEAR protective gear such as nonabsorbent goggles and gloves. **Caution:** Always check for damage or wear before using protective clothing and replace if necessary.

PREVENTING Traumatic Brain Injury

A traumatic brain injury (TBI) can affect your life and the lives of those around you.

March is Brain Injury Awareness Month.

No 2 brain injuries are alike and the outcome and recovery are often uncertain. Sometimes symptoms can appear right away and other times they may not occur until weeks after the injury.

Many times, TBIs can be prevented by following these guidelines:

- **Buckle up in a vehicle.** Make sure children are in age-appropriate and approved car or booster seats.
- **Wear a helmet** when on a bicycle, skateboard, motorcycle, scooter, ATV or horse and when participating in contact sports, and snow sports such as skiing, snowboarding, snowmobiling or skating.
- **Use fall prevention** equipment properly.
- **Hold onto the rails** when using stairs or escalators.

- **Place bars on windows** to prevent children from falling.
- **Sit safely on chairs** — make sure they are sturdy and don't lean back.
- **Keep obstacles out** of walking paths and off of stairs.



10 TOP Basic Safety Reminders

Make your personal safety a priority. Here are some reminders that we can all use:

- 1 **Stop oversharing on social media**, especially when traveling. You can share your photos with friends once you return.
- 2 **Don't label the location of your home in your GPS.**
Tip: Set the address for a place close to your home just in case your phone is lost or stolen.
- 3 **Enable remote wipe for your phone.** If your phone is lost or stolen, you can wipe away sensitive information that could get into the wrong hands.
- 4 **Use deadbolt locks** in addition to door chains when staying in hotels.
- 5 **Don't trust calls from the front desk** when staying away from home, especially if they ask to verify a credit card. Instead, go to the front desk.
- 6 **Always check for skimmers** and hidden cameras near ATM or gas pump credit card readers.
- 7 **Don't leave valuables in plain sight** in your vehicle or hotel room.
- 8 **Know your surroundings wherever you are.** Stick to well-lit, busy areas.
- 9 **Take the headphones out**, look up from your phone and stay alert.
- 10 **Trust your instincts.** If something doesn't feel right, get out of it by asking for help or removing yourself from the situation, if possible.



IN THE KNOW: Blood Donation

Donating blood is safe if you go through the proper channels and follow guidelines. The Red Cross uses new, sterile needles that are discarded after 1 use and uses safe blood collection techniques to prevent infection. While guidelines vary by state, the basic requirements for donating blood are:

- Being healthy and feeling well.
- Being at least 16 to 17 years old (varies by state).
- Weighing at least 110 pounds.
- Not donating blood within the past 56 days (some exceptions with different types of blood donations).

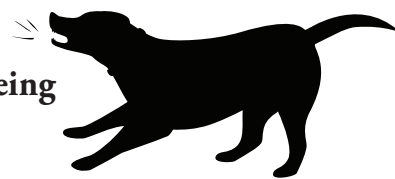
Search other eligibility requirements at redcrossblood.org. Most people have little or no reaction to donating blood, however, if you have any of the following symptoms after donating, call the blood donor center:

- Nausea, lightheadedness or dizziness after resting, eating and drinking.
- A raised bump, continued bleeding or pain at the needle-stick site when you remove the bandage.
- Pain or tingling down your arm, into your fingers.
- Fever, headache or sore throat (cold or flu), within 4 days after your blood donation. Bacterial infections can be transmitted by your blood to another person via transfusion, so it's important to contact the blood donor center so that your blood won't be used.

5 WAYS to Fend Off Fido

Even friendly dogs can become aggressive if they are hurt, frightened or being protective. If you come upon an aggressive dog, follow these tips:

- 1 Don't turn your back, scream or run.
- 2 Stand still with your side facing the dog (facing a dog from the front may appear aggressive), and don't make any sudden movements.
- 3 Avoid eye contact with the dog.
- 4 Put something between you and the dog if the dog starts to attack. Anything will do — a purse, jacket or even a bicycle.
- 5 Say "No" or "Go home" in a firm, deep voice.



If you are knocked to the ground, roll into a ball, cover your ears and remain motionless. If a dog bites you, wash the wound with soap and water and get medical attention, if necessary. Report the bite to your local animal control. Give every detail you can remember including location, type of dog and the owner's name.



The **Smart Moves Toolkit** including this issue's printable download, **Boost Your Mood With Exercise**, is at personalbest.com/extras/20V3tools.

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