



**April  
2017**

# Health & Wellness Seminar

## Workplace Safety

Thursday, April 20, 2017  
2:30 p.m. – 3:30 p.m.  
Council Chambers







The Human Resources Department, in conjunction with Mission Regional Medical Center and other vendors, hosts health and wellness seminars each month. Employees receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8630 or emailing [npena@missiontexas.us](mailto:npena@missiontexas.us)

*Our mission is to promote health awareness and to encourage healthy lifestyles.*

### *Accident Prevention Essentials*

The workplace has many dangers.

Here are a few ways you can protect yourself from some of these dangers:

-  Remove debris before mowing. Wear safety goggles when mowing.
-  Wear chemical goggles to guard against harmful products.
-  Do not mix cleaning agents
-  Wear safety glasses or dust goggles to protect against flying debris when doing work around your home or yard.
-  Read and follow all of the guidelines and warnings given by the makers of tools and equipment, and replace or fix broken tools.
-  Normal eyeglasses will not always protect your eyes; always use appropriate protective eye wear depending on the activity.

### **Take Action**

In the case of a chemical burn to the eye, you should flush the eye right away with water. Keep the eye open as wide as you can while flushing. Rinse for at least 15 minutes and seek medical care at once. Do not cover the eye.

*Source: Prevent Blindness America; National Institutes of Health*

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