

Health & Wellness

Tip of the Week

August is all about **Healthy Vision and Eye Care**. It is the perfect time to remind you about the importance of getting annual checkups and maintaining excellent eye health.

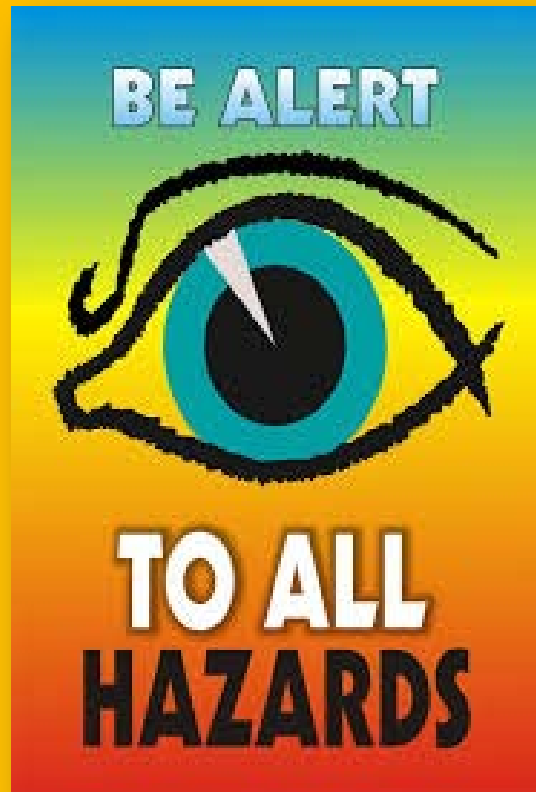
Eye Safety

Home sweet home has many dangers that can hurt your eyes. In fact, household items cause 125,000 eye injuries each year. Nearly 90 percent could be avoided with proper safety measures and eye protection. Here are a few tips to protect your eyes:

- 👁️ Make sure stairs have railings and are well-lit.
- 👁️ Remove debris before mowing the lawn. Wear safety goggles when mowing.
- 👁️ Keep paints, pesticides, fertilizers and like products in a safe place.
- 👁️ Wear 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 in your home or yard.
- 👁️ Read and follow all of the steps and warnings given by the makers of tools and equipment. Replace or fix broken tools.
- 👁️ Normal eyeglasses will not always protect your eyes. Use protective eye wear when playing sports, such as racquetball.

Sources: Prevent Blindness America; National Institutes of Health

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