



Safety Starts with you

March is Eye Wellness Month



According in to the [National Institute for Occupational Safety and Health \(NIOSH\)](#): Each day about 2,000 U.S. workers sustain a job-related eye injury that requires medical treatment. About one third of the injuries are treated in hospital emergency departments, and more than 100 of these injuries result in one or more days away from work.

Primary causes of eye injuries include:

- Flying shards of metal or glass.
- Tools that slip or malfunction.
- Particles such as wood splinters, metal shavings or crystalline silica.
- Spattered chemicals.
- Any combination of these or other hazards.

Additional information can be found at:

- Ehs.wisc.edu
- Preventblindness.org
- aao.org
- cdc.gov

Tips to ease eye strain



Sit at arm's length, or 25 inches, from the computer screen.



Every 20 minutes, look 20 feet away for 20 seconds.



Adjust your room lighting and increase the contrast on your computer.

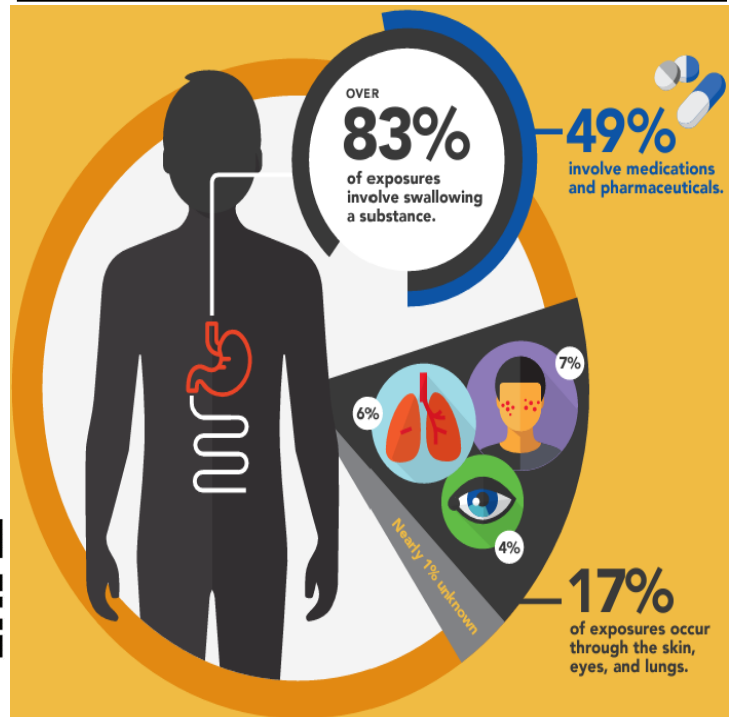


Use artificial tears to refresh your eyes when they feel dry.

National Poison Prevention Week

Third week of March is an opportunity to highlight the dangers of poisoning for people of all ages and promote community involvement in poison prevention.

- <https://poisonhelp.hrsa.gov/>
 - [Safe Medicine & Poison Prevention](#)
 - [Seasonal Tips - Winter](#)
 - [Seasonal Tips - Spring](#)



Graduate Student Safety Committee (GSSC):



CoE Safety:



If you have interest in contributing to the Safety Standard or discuss a safety related item, please contact the CoE safety group at: coesafety@engr.wisc.edu