

OSC 10
Ohio Safety Congress & Expo

Saving sight- saving money!
423
Panel Presentation

Thursday, April 1, 2010 10:30 to 11:30 a.m.

Save Sight and Save Money!

A panel presentation designed to give your company the 3 things necessary to preserve the vision of your employees and reduce costs related to eye disease, injury, and loss.

- *Vision Wellness Programming*
- *Eye Safety Program*
- *Vision Rehabilitation Services*

Panel Participants

- Alicia Sims- Senior Account Executive with Transitions Optical, Inc.
- Leslie Colopy- Safety Coordinator with Carskadden Optical, Inc.
- Sharon Schmidt- Area Manager with the Bureau of Services for the Visually Impaired

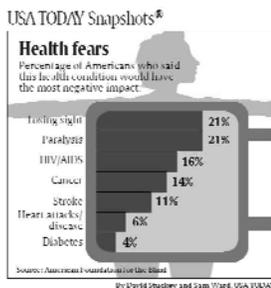
Facilitator- Raefield Watkins, Safety Consultant

Vision Wellness Program

Transitions Optical, Inc

Alicia Sims

1 HEALTH FEAR



Did You Know?

Yet, the average consumer sees their optometrist or ophthalmologist every 2 ½ years

Did You Know?

It's important to know what medications your taking. For example:

Some medications (both prescription and over-the-counter) cause the pupil to remain in a dilated state, making the eye more sensitive to visible light, glare, and UV



Did You Know?

Not everyone is the same when it comes to UV and Glare:

- Children
- Elderly
- Patients who have undergone eye surgery
- Light-sensitive patients
- Occupations, Lifestyles, etc
- Medical conditions
- Patients who take medications



How changing light conditions impact vision.



Patient Education

• Distracting glare

- Caused by lens reflections and ghost images
- Causes eye fatigue, reduced vision and annoyance



• Discomforting glare

- Caused by changes in lighting, from indoors to bright sunlight
- Causes squinting, eye fatigue and discomfort



Patient Education

• Disabling glare

- Caused by sunlight exceeding 10,000 lumens
- Causes blocked vision, eye fatigue, squinting and diminished contrast



• Blinding glare

- Caused by acute reflection glare
- Causes squinting, blocked vision, diminished contrast and eye fatigue



Be Well.com



An Excellent Resource

- Be Well.com is an online resource full of health related information; it's a 'Healthy Sight Resource Center'
- Transitions owns the Vision area within the site
- MD and OD on staff to answer vision related questions

Know the Facts

UV Damage is Cumulative

80% of UVR damage is done before the age of 18 years old

Medications can make the eyes more sensitive to glare, light, and UV

4 types of glare and the importance of protection

Eye exam is necessary

Seeing well now will help you see well in the future

- Diet
- Medications
- Exercise

Your eyewear is the prescription that keeps on giving....

Eye Safety Program

Leslie Colopy- Carskadden Optical, Inc.

Why wear safety glasses?

- There are an estimated 2.4 million eye injuries in the US each year
- Nearly one million Americans have lost some degree of sight due to an eye injury
 - Approximately 79% are blind in one eye*
- More than 2,000 work related injuries occur each day
- Nearly 100,000 of these injuries will be disabling
- Eye injuries cost an estimated \$1 billion each year
- 90% of eye injuries are preventable!

At work,
the law says so: 29CFR1910.133



What causes eye injuries?

→ Dust and other flying particles, such as metal shavings or sawdust



- Molten metal, acids and other caustic liquid chemicals that might splash
- Blood and other potentially infectious body fluids could splash, spray, or splatter
- Intense light created by welding and lasers



When should safety glasses be worn?



→ When chipping, grinding, sawing, drilling, sanding, welding, plating, handling chemicals, buffing, working in dusty conditions, brazing, casting, machining, riveting, or performing other similar tasks. And remember to always wear safety glasses when working near these operations.

→ OSHA has specific guidelines for protective eyewear selection – visit www.osha.gov



Vision Rehabilitation Programs

Sharon Schmidt- PhD, CRC
Bureau of Services for Visually Impaired

Any questions?

Thank you for coming!