

Highmark Plan for Health: October 2021



This month highlights include Vision Safety Month, National Dental Hygiene Month and the October Sharecare Challenge.

Vision Safety Month

Protect Your Vision from Injury

Did you know that in the US there are nearly 2,000 eye injuries in the workplace on a daily basis? That accounts for only half of the eye injuries that occur. The other half occur in or around the home and during sports or recreational activities, which means that there are nearly 4,500 per day in the US alone! Consider the statistics below:

- 90% of all eye injuries can be prevented by wearing the proper protective eyewear
- Only one in three people wear protective eyewear when doing yard work, household chores or repairs
- Almost all injuries to the eye occur with moving objects, but most of those objects are smaller than the head of a pin

There are some very important things that you can do to avoid or prevent these injuries from occurring. The first is being aware of your surroundings and the second is to wear appropriate protective eyewear.

Please

visit: <https://www.brooksideoptometric.com/education/protect-your-vision-safety-tips-for-home-and-work-eye-hazards> for more information and supporting materials on Vision Safety.