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Vision Safety



June is Vision Research Awareness Month. According to Prevent Blindness America, more than 700,000 work-related eye injuries occur each year. These injuries cost companies more than \$934 million a year due to medical costs, legal fees, judgments, and lost productivity. Nearly one million Americans have already lost some sight due to an eye injury.

However, 90 percent of all eye injuries at work are preventable with the proper safety measures in place. Concentra is helping to educate employers and employees about the factors that can lead to eye injury and some ways to help prevent them.

Creating a safe work environment by encouraging proper eye safety measures among employees will lead to higher productivity and less chance of injury. Below are some ways that employees can protect their vision:

- Stay current with periodic eye exams
- Inspect work areas and equipment
- Wear protective eyewear designed for specific duty
- Provide accessible eyewash stations and first-aid training

Concentra has developed a [vision safety flyer](#) to educate your employees and their families on certain information to help prevent eye injury, recognize the signs of eye problems, and understand what action should take place if an injury does occur.

By preserving the vision of your workforce, you are protecting your business and ensuring the safety of your employees. Concentra can help bring the health of your employees into focus with proper screenings and check-ups. Our experienced physicians and clinicians work with your employees to reduce their risk and incorporate lifestyle changes to aid in vision safety awareness. Concentra works with employers to help prevent injuries in the workplace, offers urgent care services, and provides complete care for your employees.

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A focus on Eye Health and Safety for your family.

Adult Eye Health

Maintaining a healthy lifestyle is an important part of preserving good eye health. Keys to healthy vision include:

- Avoiding smoking
- Eating a balanced diet, rich in dark green vegetables and foods that contain zinc, vitamins C and E, and beta-carotene
- Staying active
- Controlling your blood pressure
- Protecting your eyes from the sun by wearing eyewear that absorbs UV rays and brimmed hats or caps
- Staying current with periodic eye exams as recommended by your doctor if you have diabetes or other chronic conditions that can affect your vision



Signs of Problems

See your doctor if you experience any of the following:

- Unusual trouble adjusting to the dark
- Difficulty focusing on objects
- Squinting due light sensitivity
- Change in color of iris (colored part of your eye)
- Red, crusty, or swollen eyelids
- Recurring pain around eyes
- Double vision
- Dark spots or floaters in vision
- Distorted or wavy lines/edges
- Watery eyes
- Itchy or burning dry eyes
- Seeing spots or ghost-like images

Child Eye Health

Newborns should be checked for inherited eye problems at the time of delivery. Between six and twelve months, infants' eyes should be checked again by a health care professional. At three to four years old, children should start getting their eyes checked at regular intervals.



Eye Injuries

The most common causes of eye injuries in children are: misuse of toys, everyday objects, and tools (forks and knives, pens and pencils, garden tools), falls, contact with harmful household products (detergents, cleaning supplies, paint, glue), and car accidents. The best ways to avoid these types of injuries are to properly baby proof your home, read all warnings and instructions on toys, and be sure your children are properly secured in infant carriers and car seats.

Seek immediate medical attention if your child:

- has obvious pain or trouble seeing
- has a cut or torn eyelid
- does not move one eye as well as the other
- has one eye that sticks out compared to the other
- has an unusual pupil size or shape
- has blood in the clear part of the eye
- has something in the eye that cannot be easily removed

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For more information on taking care of your family's sight, visit Prevent Blindness America at www.preventblindness.org or The National Eye Institute at <http://isee.nei.nih.gov>.