



# MARCH SAFETY

## *Eye Wellness & Eye Safety*

Your eyesight is one of your most important senses. Taking steps to protect and maintain the health of your eyes is an investment in your long-term well-being.



### Daily Habits for Healthy Eyes

- **Eat for Your Eyes** - A diet rich in vitamins C and E, zinc, and omega-3s can help ward off age-related vision problems. Think citrus fruits, leafy greens, nuts, and fish!
- **Hydration is Key** - Drinking enough water helps maintain the fluid balance in your eyes, preventing them from becoming dry and irritated.
- **Rest and Recharge** - Adequate sleep is crucial for eye health. It allows your eyes to repair and recover from daily strain.
- **Follow the 20-20-20 Rule** - When using digital screens, take a 20-second break every 20 minutes to look at something 20 feet away. This helps reduce digital eye strain.



### Essential Safety Practices to Protect Your Vision

- **Wear Safety Glasses** - Always use ANSI-approved safety glasses when doing yard work, home repairs, or any activity that could send debris flying.
- **Use UV-Protective Sunglasses** - Shield your eyes from the sun's damaging ultraviolet rays. Look for sunglasses that block 100% of UVA and UVB rays.
- **Handle Chemicals with Caution** - When using household cleaners or chemicals, work in a well-ventilated area and avoid rubbing your eyes.
- **Be Aware of Your Surroundings** - Simple awareness of your environment can help you avoid common eye injuries from things like low-hanging branches or cabinet corners.
- **Seek Professional Help** - Don't ignore eye problems. If you experience pain, blurry vision, or unusual symptoms, consult an eye care professional promptly.

Bee Safe

