

## Safety & Health in the Workplace

### 1. Eye Safety at Home (and at Work)

Did you know that 125,000 eye injuries each year involve common household products?

Believe it or not, the average home is full of dangers that often go unnoticed. In fact, according to Prevent Blindness America, accidents involving common household products cause more than 125,000 eye injuries each year. Ninety percent of these eye injuries can be prevented through understanding, safety practices and the use of proper eye protection.

You can reduce the risk of eye injuries for yourself and others by following these easy steps:

- Inspect and remove debris from lawns before mowing
- When performing indoor projects such as construction or painting, wear safety glasses or dust goggles to protect against flying particles
- Pad or cushion sharp corners and edges of furnishings and home fixtures
- Avoid giving toys to your children that have sharp or rigid points, shafts, spikes, rods or dangerous edges

Knowing what to do in an eye emergency can save valuable time and possibly prevent vision loss.

Basic Eye Injury First Aid:

Chemical burns to the eye –

- Immediately flush the eye with water or any other non-alcoholic liquid. Hold the eye under a faucet or shower, or pour water into the eye using a clean container. Keep the eye open and as wide as possible while flushing. Continue flushing for at least 15 minutes.
- DO NOT use an eyecup
- If a contact lens is in the eye, begin flushing over the lens immediately. This may wash away the lens.
- DO NOT bandage the eye
- Seek immediate medical treatment after flushing.

Specks in the eye –

- DO NOT rub the eye
- Try to let tears wash the speck out or use an eyewash
- Try lifting the upper eyelid outward and down over the lower lid
- If the speck does not wash out, keep the eye closed, bandage it lightly and see a doctor.

Blows to the eye –

- Apply a cold compress without putting pressure on the eye. Crushed ice in a plastic bag can be taped to the forehead to rest gently on the injured eye
- In cases of pain, reduced vision or discoloration (black eye), seek emergency medical care. Any of these symptoms could mean internal eye damage

Cuts and punctures of the eye or eyelid –

- DO NOT wash out the eye with water or any other liquid
- DO NOT try to remove an object that is stuck in the eye
- Cover the eye with a rigid shield without applying pressure. The bottom half of a paper cup can be used
- See immediate medical treatment

If injury occurs, contact your doctor's office for medical advice. (Source: [www.preventblindness.com](http://www.preventblindness.com))

## 2. Alzheimers.gov – Symptoms, Treatment Options, and More

More than 5 million people in the United States have Alzheimer's Disease, a form of dementia that causes memory, behavior, and thinking problems that get worse over time.

If you or a loved one is suffering from Alzheimer's Disease, get information and resources on [Alzheimers.gov](http://Alzheimers.gov), including:

- [Symptoms and Risk Factors](#)
- [Treatment Options](#)
- [Planning Ahead and Paying for Care](#)
- [Taking Care of Someone with Alzheimer's](#)
- [Getting Outside Help for Someone with Alzheimer's](#)

(Source: USA.gov, [alzheimers.gov](http://alzheimers.gov))

## 3. DEA Take-Back Day Nets Nine Tons of Pills from Ohio Collection Sites

The federal Drug Enforcement Administration has labeled its recent nationwide prescription drug collection program a success, with the public turning in 244 tons of unused or expired medications at various locations, including 223 sites in Ohio. According to Attorney General Mike DeWine, Ohioans returned more than nine tons of unused prescription pills on September 29. To date, the DEA has conducted five drug take-back programs in two years and reports more than 2 million pounds, or in excess of 1,000 tons of prescription medications were removed from circulation. (Source: ODADAS' *Behavioral Health e-Update*, September/October 2012)

## 4. "Smiles" – Newest Synthetic Drug to Cause Concern

The latest synthetic drug to cause concern among law enforcement officials is called "Smiles", or 2C-I. The drug has been linked to the deaths of two North Dakota teens. According to the Drug Enforcement Administration (DEA), 2C-I is abused for its hallucinogenic effects. It is taken orally in tablet or capsule form, or snorted in its powder form. "2C-I is used by the same population as those using Ecstasy and other club drugs, high school and college students, and other young adults in dance and nightlife settings," the DEA reports. The drug is chemically similar to the drug 2C-B, which is a Schedule I hallucinogen. This means it is illegal to manufacture, buy, sell or possess the drug. The DEA states 2C-I can be

treated on a case-by-case basis as if it were a Schedule I controlled substance, if it is distributed with the intention for human consumption. The drug can cause nausea and vomiting, as well as terrifying hallucinations and feelings of panic and fear, according to DEA officials. (Source: ODADAS' Behavioral Health e-Update, September/October 2012)

## 5. CompManagement Safety Academy – Courses Available

Please [click here](#) for a list of courses available through CompManagement's Safety Academy in October-November, 2012. To register for any of these courses, please visit [www.compmgt.com/riskservices/academy/](http://www.compmgt.com/riskservices/academy/). For the two (2) hour classes, registration is \$50 per person per class for CompManagement clients and \$75 per person per class for non-clients. For the one (1) hour classes, registration is \$25 per person per class for CompManagement clients and \$50 per person per class for non-clients. If you have any questions regarding registration, please contact Bryan Carpenter at 888-264-2635 x2495.

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*Please forward topics of interest for future issues of the Ohio Council's "Safety & Health in the Workplace".*