

August 5, 2013

*Go confidently in the direction of your dreams. Live the life you have imagined* -Thoreau



## August is National Eye Exam Month

When was your last eye exam???

Many common eye diseases such as glaucoma, diabetic eye disease & age-related macular degeneration often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

**Eye Care Tip:** Give your eyes a 30 second break for every 20 minutes you spend staring at a computer screen.



**What fast food do sea monsters eat?**  
*Fish and Ships*

**What did the cow pack when she went on vacation in Hawaii?** Her moo-moo!

## August is National Immunization Awareness Month

Soon children will be heading off to school and in many cases immunizations are required. Visit the link below to learn 10 things every parent needs to know about vaccines. <http://www.cdc.gov/vaccines/vac-gen/10-shouldknow.htm>

## Hearing Loss – Wha'd he say?

Any idea on what the No.1 disability in the world might be? If you guessed Hearing Loss, you guessed right! Ironically, unlike many other disabilities, hearing loss is preventable! Occupational noise continues to be a problem for many industries – if you are exposed on the job, be sure to wear your hearing protection properly – and keep it on! Another problem is recreational exposure - iPods, earphones, headsets, amped up car stereos, etc. cause hearing loss in pre-teens, teens and young adults at an alarming rate.

- Talk with your adolescents about using lower volume when listening to music on headphones or earbuds. The highest volume setting on headphones is too loud and can lead to hearing loss.
- Talk with your child about wearing foam ear plugs when he or she goes to a concert.
- Make sure children know to use earmuffs/plugs during loud recreational activities, such as motorcycle & snowmobile riding, hunting or shooting firearms for practice.
- Talk with your school or pediatrician about screening for both high- and low-frequency hearing loss; many schools do not use a hearing screen that can test for high-frequency hearing loss related to noise.
- Mowers, weed trimmers and chainsaws also put out a high degree of sound – be sure to provide your child with earplugs is he/she is doing yard work

## New Leadership at the Department of Labor

Thomas Perez, formerly Secretary of Maryland's Department of Labor, and an Assistant Attorney General for Civil Rights at the U.S. Department of Justice, was sworn in July 23 as Secretary of Labor after the Senate confirmed his appointment on Friday. Mr. Perez is the 26th Secretary of Labor.

## Avoid Complacency – Remember, we are All Vulnerable

A Cirque du Soleil performer fell to her death in a production of “Ka” at the MGM Grand Hotel – Las Vegas in late June. Nevada OSHA is investigating the death of Sarah Guillot-Guyard, 31, who fell an estimated 50 feet to her death near the end of the show after she apparently lost her balance or grip from her position dangling high above the stage. **Accidents can happen to anyone – even seasoned professionals!**

## Parting Thoughts!

- Be seen not Hurt** - If you bike, walk or jog at night (or early in the morning) – wear brightly colored clothing or use reflective strips or tape. So drivers can SEE YOU!!
- Blinded by the (Fog) Light** - Many vehicles come equipped with fog lights and that is a great feature. But why do so many drivers use them when there is NO FOG? Please keep them off unless the fog is a problem – **you are blinding other drivers!** Thanks for listening.
- Lights ON For SAFETY** - In heavy rain, it is hard to see vehicles from front or rear if the lights are off -- so go ahead and turn headlights on in stormy weather & **Be SEEN!**
- The Name says it ALL** – Park lights are not driving lights! A good rule of thumb is to **Keep Driving Lights ON from Dusk to Dawn!**

**Compliance alone is not enough – Speak up when you see a Hazard or At-risk act!**