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*If you think you can you can. And if you think you can't, you're right!. Mary Kay Ash*

## Back to School Time...



**Think Safety!**

### Reasons for an Eye Exam

**Save a headache.** If you have been having unexplained, constant headaches, your solution could be visiting your optometrist. An eye doctor can pinpoint the problem of your headaches.

**Perform well in school.** One out of every four children has vision problems. A common reason children fall behind in school is poor, undetected vision. Taking your children to the optometrist can detect an eyesight problem that can contribute to learning and reading difficulties.

**Determine prescription.** Your eyes change over time. An optometrist can determine if you need eyeglasses or contact lenses, or if you need a stronger prescription to reduce eyestrain.

**Detect eye conditions.** An optometrist is able to spot the early onset signs of diabetes, high cholesterol, glaucoma, and just by conducting an eye exam.

**Prevent problems.** Many serious eye diseases often have no symptoms. An exam can identify issue early, which is important to prevent serious damage.

**Where does a reel fisherman go to get his hair cut?** The Bobber Shop.

### Ergonomics Reminder

According to Injury Facts 2012 Edition, overexertion is the third leading cause of unintentional injuries in the United States, accounting for about 3.2 million emergency department visits.

-Ergonomic conditions are disorders of the soft tissues often caused by factors such as overexertion while lifting, lowering, pushing, pulling or reaching, among other causes.  
-Ergonomic conditions are best dealt with when caught early. If you are experiencing what may be an ergonomics issue, notify your supervisor immediately. Treatment is most effective when the conditions are reported at the onset. Waiting too long can result in permanent damage. Know the signs of ergonomic conditions:

- Pain
- Swelling
- Numbness
- Tingling
- Tenderness
- Loss of grip strength.

### Home Safety

Doing laundry is part of our everyday routine. But did you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire.

**Fact: The leading cause of home clothes dryer fires is failure to clean them.**

- Never use your dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum. If the dryer is not drying properly, you may need to disassemble the lint catcher and clean out the build-up – I do that about once every 18 months or so to keep the dryer running efficiently.
- Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating.
- Annually, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe.
- Keep dryers in good working order.
- Gas dryers should be inspected by a professional to make sure that the gas line and connection are intact and free of leaks.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Turn the dryer off if you leave home or when you go to bed. -NFPA.org/education

### August is National Eye Exam month

So it is the perfect time to recommend everyone to schedule a comprehensive eye exam. The Vision Council of America notes that 12.2 million Americans require some sort of vision correction, but don't use any. Nearly 50% of parents with children under 12 have never taken their children to an Eye Care Professional. So, whether you're prepping the kids for back to school this fall or just haven't had an exam of your own for a while, use this opportunity to get your peepers checked!

### Documentation covers Compliance and Risk Identification

JSA's, PPE Hazard Assessments, Safe Work Permits address compliance issues and identify hazards and a mitigation plan. However, it is up to each of us to keep our Focus on working Safely, Following procedures and Adhering to the mitigation plan.

**Focus on the road – watch for buses, bicycles, and pedestrians – it's Back to School Time!**