

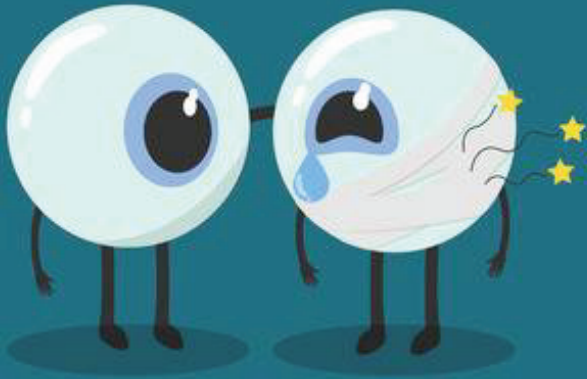
Injuries

In every work place we are exposed to certain degree of work related injuries. Work related eye conditions includes;

- Chemical eye burns
- Invasion of foreign bodies
- Blunt trauma injuries
- Allergic conjunctivitis
- Eye diseases associated with ultraviolet radiation exposure
- Computer use disorders.

Protecting the eyes from work related eye injuries

- Providing protective eyewear (use at all times)
- Keeping eyewash accessible in the workplace, water is the most effective first aid for chemical eye burns.
- Use prescribed/tinted lenses when using computer.
- Visit eye clinic as soon as possible

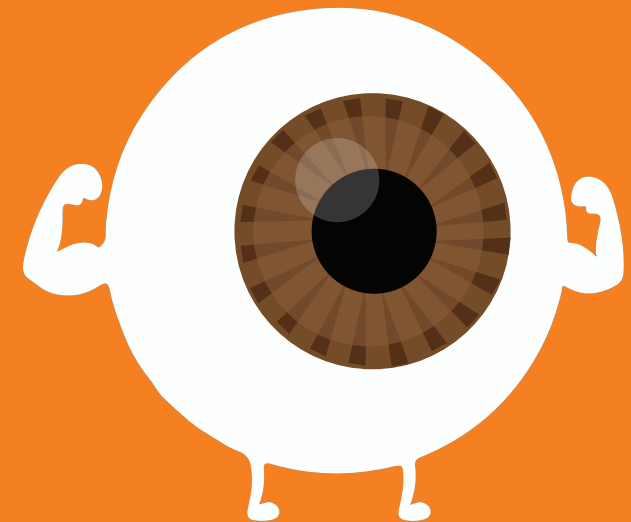


Tips for Healthy Eyes

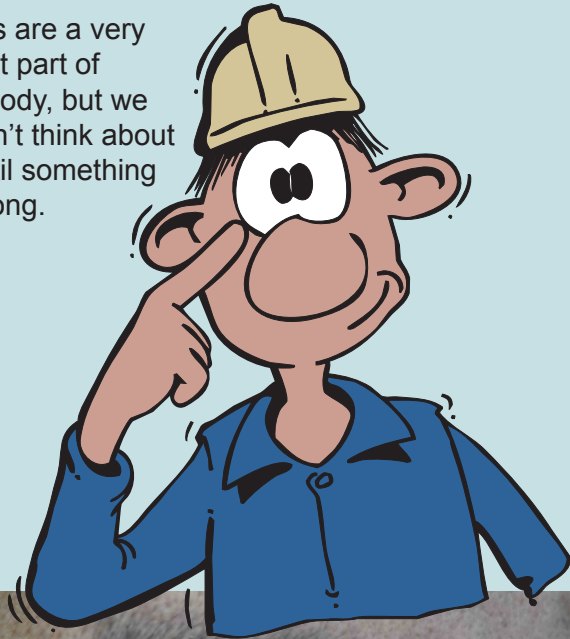
- **Be physically active**
Will delay/prevent age related/lifestyle eye conditions
- **Eat plenty of fruits and vegetables**
Will reduce risk of dry eye & gives a healthy retina
- **Reduce fats and increase fibre intake**
To prevent diabetes and hypertension
- **Maintain a healthy body mass index**
To prevent diabetes and hypertension
- **Quit smoking**
Avoid being around others who are smoking, it is a risk factor for lifestyle diseases
- **Protect your eyes with sunglasses & safety goggles**
Avoid injuries & avoid UV rays form the sun
- **Make schedules for regular eye checks**
Will detect serious problems early
- **Drink lots of water**
(not Alcohol) will produce adequate tears, to keep your eyes moist and nourished
- **Rest your eyes**
Once every 20 minutes for 20 seconds while on your computer, tablets or cell phones - to help prevent eye strain.



Eye Health



The eyes are a very important part of human body, but we often don't think about them until something goes wrong.



Having your eyes checked regularly is the best way to find changes in your vision and to diagnose any problem as early as possible.

Many eye diseases do not show any symptoms until they are quite advanced. Regular eye examinations are often the only way of finding eye problems before permanent vision loss happens.

Common Eye Conditions

There are many causes of vision loss. Some of the common eye conditions include:

Cataracts

Cataract occurs when the lens of the eye becomes cloudy, blocking the light from getting to the retina and resulting in blurred vision.

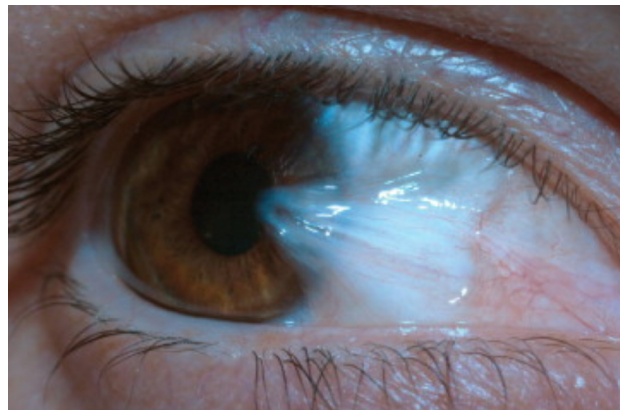
The retina is the thin layer of tissue that lines the back of the eye on the inside. The retina is located near the optic nerve and is responsible for our sight.

Most cataracts develop as a result of aging. The most common risk factors are: being exposed too much to ultraviolet light, smoking, diabetes and hypertension.

Pterygium

A pterygium (pronounced te-ri-gi-um) is a triangular shaped benign growth of white tissue on the surface of the eye (conjunctiva) onto the clear "window" (cornea) which is in front of the coloured part of the eye.

Pterygium often occurs in both eyes, usually on the side of the eye closest to the nose. It often develops after prolonged exposure to sun, dust and wind.



	Check 1	Check 2
Currently Wear Glasses	<input type="checkbox"/>	<input type="checkbox"/>
If 'Yes'	<input type="checkbox"/>	<input type="checkbox"/>
Long Sighted	<input type="checkbox"/>	<input type="checkbox"/>
Short Sighted	<input type="checkbox"/>	<input type="checkbox"/>
Cataract	<input type="checkbox"/>	<input type="checkbox"/>
Pterygium	<input type="checkbox"/>	<input type="checkbox"/>
Visual Acuity	<input type="checkbox"/>	<input type="checkbox"/>
Right Eye	<input type="checkbox"/>	<input type="checkbox"/>
Left Eye	<input type="checkbox"/>	<input type="checkbox"/>

What to do for bright healthy eyes?

The eyes, like all other organs of the body, depend on you leading a healthy life to help maintain their health and proper functions.

Preventing eye diseases is particularly important, as many disorders are untreatable.

Poor eye health is often a result of lifestyle diseases, such as Diabetes and Hypertension.

When eye diseases are not well controlled, it can affect the retina causing eyesight to get worse and therefore impact on our quality of life.