



Safety and Environmental Newsletter

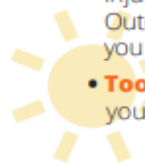
May 2022 — 121st Edition

Didn't See That Coming, Did You? Unexpected Causes of Eye Injury

Did you know that according to the American Academy of Ophthalmology (AAO), about half of all eye injuries occur AT HOME? Don't turn a blind eye to all the everyday tasks that can lead to injuries! Keep a lookout for these unexpected causes of eye injury, per the AAO.

Unexpected Causes of Eye Injury

- **Cleaning.** Chemicals in household cleaning products cause 125,000 eye injuries each year!
- **Home improvement.** Hand tools and the fasteners you're using can slip and fly back in your direction. Power tools can also send dangerous projectiles or particles like dust and wood chips into the air and may kick back suddenly toward your face and eyes.
Home demolition projects that require knocking down or prying materials could cause items to dislodge or fly toward your face and eyes.
Overhead work like installing a ceiling fan or lighting fixture or working on plumbing may cause dust and debris to fall from above.
- **Bungee cords.** Tying down equipment or loads with bungee cords could be dangerous if the cords snap back unexpectedly.
- **Yard work.** Lawn mowers, grass trimmers and shovels can throw dirt and debris into the air, and branches, twigs and thorns may also pose a threat. Additionally, contact with chemicals like fertilizers and pesticides can lead to eye injury.
- **Cooking.** Foods that can splatter hot grease or oil can lead to eye injuries.
- **Opening champagne bottles.** It won't be much of a celebration if a cork pops in your eye!
- **Using hot objects.** Styling tools like hair straighteners and curling irons can cause serious injury if they come in contact with your eyes.
- **Slip, trip and fall hazards.** Loose rugs and railings or hazards in walkways could lead to a slip, trip or fall (and an eye injury)!
- **Recreational Activities.** While they don't always occur at home, nearly 30,000 sports-related eye injuries are treated in U.S. emergency rooms each year. Outdoor activities like hiking and biking can also expose you to eye dangers.
- **Too much sun.** Remember, the sun can damage your eyes, too!



See the Possibilities for Fewer Eye Injuries

You know to wear Personal Protective Equipment while on the job, so why not at home as well?



- Wear proper eye protection when ...
 - ... using hazardous chemicals. Read the instructions on the container before use and never mix chemicals.
 - ... doing yardwork. Check the immediate area for sticks, rocks or other items that could become projectiles.
 - ... working with power or hand tools. Keep your tools in good condition and use them properly.
 - ... recreational activities. Be cautious when participating in any games or activities that could involve projectiles or sharp objects.

Also keep these eye-saving **Tips** in mind:

- Use grease shields to protect yourself from splattering grease or oil while cooking.
- Use hand and power tools only as intended. Ensure you hold them squarely and securely and have a sturdy working surface.
- Open champagne bottles properly by pointing them away from your face and others and twisting off the cork with a towel wrapped around the top of the bottle.
- Keep any hot hair styling tools as far from your eyes and face as possible and focus on the task at hand.
- Secure rugs with non-slip pads and make sure railings are secure and not loose. Remove clutter from stairs and high-traffic areas and put padding on any sharp corners around your home if you live with children or the elderly.
- Wear sunglasses or sport-appropriate UV-protective goggles when outdoors.
- Make sure your home has at least one pair of American National Standards Institute-approved eyewear.



Keep your eyes open to the threats around you! Before starting any activity or task, take a moment to ask yourself how to best protect your eyes from injury.

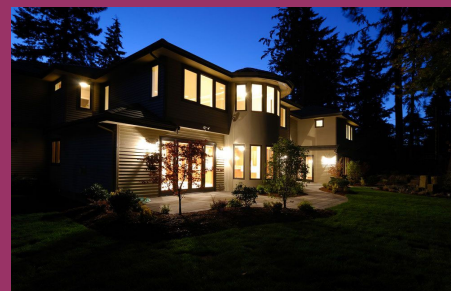
For additional tips and resources, visit nsc.nasa.gov/topics/eye-safety.



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May 2022 — 121st Edition (2 pages)

World Migratory Bird Day May 14, 2022 #LightPollution Dim the Lights for Birds at Night



Dim the Lights for Birds at Night

WORLD MIGRATORY BIRD DAY 2022



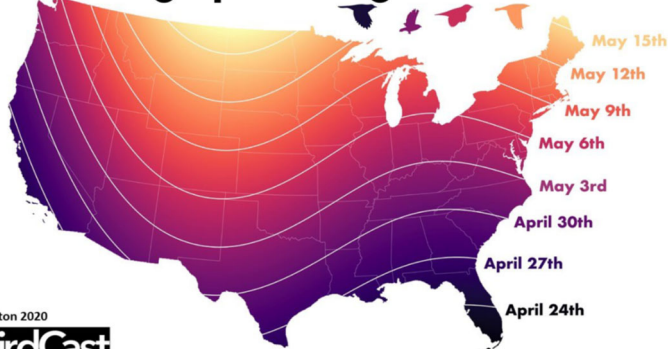
Nighttime Lights and Birds: What's the Issue?

Artificial light is scattered across the landscape of the entire country, and birds are frequently attracted to lighting, especially during inclement weather events during migration. Unfortunately, lights can cause confusion, disorientation, and exhaustion - directly impacting their ability to migrate.

For example, birds disoriented by lights can circle structures for extended periods of time, leading to exhaustion or accelerated use of energy stores critical for migration.

In addition, birds attracted to lights on buildings and structures frequently crash into windows and collide into buildings, unfortunately ending in tragedy.

Average peak migration dates



Horton 2020

BirdCast

Light Pollution Map

Visit <https://www.lightpollutionmap.info> to find out the amount of light pollution generated by your location.



How to reduce the amount of light at home or at the office

- * Use blinds or curtains to reduce the amount of light shining through the windows.
- * Use anti-collision decals or light diffusing window tint.
- * Paint images on windows to help filter light and prevent bird collisions.





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Steps to follow if you suspect Lead in your Drinking Water

Everyone should follow these steps:



Sensitive groups should also follow these steps:

Sensitive groups are bottle-fed babies, pregnant women, and children with an elevated blood lead levels.



Flush your pipes by running cold water until it becomes as cold as it will get. This could take as little as 30 seconds or 2 minutes or longer. This step is especially important when water from that faucet has not been used for 6 hours or more. Learn more: <https://www.vdh.virginia.gov/drinking-water/fcap/leap/leap-for-homeowners/>



Clean your faucet's screen.



USE ONLY COLD WATER FOR COOKING AND DRINKING. Do not cook with, or drink water from the hot water tap. Hot water can dissolve more lead more quickly than cold water. If you need hot water, draw water from the cold tap and then heat it.



Learn about your water quality. Have your water tested.



Use a safe source of water for drinking and preparing food.



Remove lead sources from your home's plumbing.

Energy Saving Tip in the Kitchen

Use smaller kitchen appliances whenever possible. Slow cookers (crock-pots) are perfect for busy families. On average, they will cook a whole meal for about 17 cents worth of electricity. If you're baking or broiling small food items, a toaster oven is ideal because they use one-third the energy of a bigger oven.



May 25 – International Plastic Free Day.

Participation is simple: Say “No” to single-use plastics for one day. Don't buy it, refuse it, don't use it.

- Avoid the use of plastic straws. Carry a reusable stainless steel straw, silicone, or glass straw.
- Carry a reusable cutlery set, you can find foldable kits for key chains.
- Reuse those plastic take-out containers, most are microwave and dishwasher safe.
- Refuse plastic bags and opt for a paper bag or reusable tote.
- Use silicone washable storage bags to replace single use Zip-lock bags.

