

# HEALTH AND SAFETY MATTERS

Promoting a Positive Health and Safety Environment  
Red Deer Public Schools



## Good Day Team

Welcome to the month of March, third month of the year. March dates include St Paddys day (march 17, time change, International woman's day, and of course the first day of spring. St Paddys day is also my Grandsons birthday. **Happy Birthday Connor.** Mar 9th is also day light savings time. Remember to adjust your clocks accordingly. Spring forward Enjoy the month of March and all it has to offer



## Eye safety month

Every March we observe workplace eye wellness month to bring attention to the wide prevalence of workplace-related eye injuries.

### Protect Your Eyes!

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Sight is our most precious sense. A large part of our ability to perceive the world around us depends on it. However, our eyes are very delicate organs and can be damaged easily. Nature has supplied some built-in protection by locating them within a bony cavity and providing eyelashes to keep out dust and tears to wash dirt away. But it takes much more than that to protect your eyes from hazards at work and during recreational activities. Every year in Canada, employees sustain serious eye injuries that result in time lost from work.

### The most common hazards to the eyes and face are:

- dust and dirt blown around by the wind;
- tree branches;
- flying particles from drilling, cutting, digging and other similar operations;
- ultraviolet radiation from welding and electrical work;
- splashes;
- fibres from insulating materials, such as fibreglass; and
- irritants and corrosives.

### Primary defence

The main defence against eye injuries is to eliminate hazards at the source and follow good housekeeping practices.

### How can we control eye hazards at the source?

- Use protective screens and wire mesh grids to protect yourself from flying particles.
- Install safety glass guards on machines to prevent injuries caused by flying chips or splashing liquids.
- Place moveable shields around grinders, lathes and other similar machines to protect other workers.
- Enclose sources of fine dusts, mists or vapours.
- Control dust and fumes using general or local ventilation systems.
- Isolate hazardous operations in separate areas.
- For outdoor work, damp down work areas and seal dusty surfaces.

## Eyes Tips

- Have your vision tested regularly by a qualified professional because:
  - a. If you need corrective lenses and wear only ordinary plano safety glasses, your vision problem may worsen;
  - b. Poor vision that is not corrected can adversely affect the quality of your work and your safety;
  - c. Your near vision should be tested at the actual distance at which you do your job. Your safety lenses can then be adjusted to match your prescription.
- Keep your eyes well away from a tool's trajectory in case the tool breaks.
- When opening containers of acids, caustics or other hazardous liquids, be sure to turn your head to the side.
- When doing polishing work, keep your face a safe distance from the machine.
- Keep sharp and pointed objects away from your face and eyes.
- Never wipe your face or eyes with dirty hands or handkerchiefs because chips or particles clinging to them can accidentally enter your eyes.
- Pay attention to safety signs. Wear the protective eyewear indicated for that area.
- Also protect your eyes at home when operating hand or power tools, trimming trees and hedges, using household cleaners or spreading fertilizers, herbicides or insecticides.
- Know the location of eyewash and lens cleaning stations, the nearest clean water supply and where you can obtain medical assistance.

### A few suggestions

- For cuts near the eye, to avoid causing further damage, do not rub your eye, exert pressure or wash the cut. Bandage it loosely and obtain medical assistance immediately.

### For bumps or blows to the eye

- Apply cold compresses to your eye for 15 minutes and seek medical assistance.

### For foreign bodies in the eye

- If dust particles enter your eyes, wash your eyes immediately with special products or clean water. Flush your eyes until the dust is gone. If you cannot wash it out, cover your eyes loosely and obtain medical assistance.
- Note: Never rub your eye; you could scratch it or embed the particle in your cornea.

### For particles embedded in the eye

- Never try to remove embedded particles yourself; you could cause further damage. Apply a loose bandage over both eyes to avoid blinking and have someone drive you to a doctor.

### For chemical splashes in the eye

- Seconds count! Go immediately to the nearest clean water source. Hold your eye open and flush it with water for at least 15 minutes. Then seek medical treatment.

### For injuries from light sources

- If your eyes are exposed to welding rays, laser beams or other intense radiation, you may not feel any pain right away. Some four to twelve hours later, your eyes may be sensitive to light, feel gritty and be red and swollen. Keep them closed and apply cold compresses. Obtain medical treatment.

## Lighting

Work areas where there is very little light can be dangerous for your vision because they produce greater brightness contrasts. Semi-darkness can cause problems with depth perception, obscure hazardous conditions and prevent a clear view of your work environment.

Glare is caused by direct sources of light (such as the sun, lamps and windows) and by indirect sources that reflect light (such as glass, shiny metals and glossy paints and papers). Glare reduces visibility and causes discomfort. Squinting, moving your head and changing positions are signs that you are trying to avoid glare. Lighting that is correctly placed, effective and well-maintained promotes eye comfort, eye safety and quality of work.

## **Raspberry Yogurt Scones** (epicurious)

### **Ingredients**

For the raspberry filling

1 cup (142 grams) fresh raspberries

3 Tbsp. raspberry jam, warmed slightly

For the dough

2 cups (284 grams) all-purpose flour

⅓ cup (71 grams) granulated sugar

2 tsp. baking powder

¼ tsp. baking soda

½ tsp. salt

½ cup (1 stick/115 grams) cold butter, diced

⅓ cup (71 grams) plain yogurt

⅓ cup (71 ml) heavy cream

1 large egg, at room temperature

1 egg, beaten, for egg wash

Coarse sugar, for decorating

### **Step 1**

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

### **Step 2**

Make the raspberry filling: In a small bowl, gently combine the raspberries and jam. Set aside.

### **Step 3**

Make the dough: In a large bowl, whisk together the flour, sugar, baking powder, baking soda, and salt.

### **Step 4**

Add the butter and, using your fingertips, rub it into the dry ingredients until the mixture resembles coarse bread crumbs.

### **Step 5**

In a small bowl, whisk together the yogurt, cream, and egg, then pour this into the flour mixture and stir until the dough comes together. (If the mixture is not forming a dough and seems a little dry, add a little more liquid.)

### **Step 6**

Turn dough out onto a floured surface and divide the dough in half and roll each half into a circle about 8 inches across and ¼ inch thick.

### **Step 7**

Place one circle of dough on the prepared baking sheet and spread it with the filling, leaving a ½-inch border. Place the second circle of dough on top of the first and press the edges to seal in the filling.

### **Step 8**

Using a knife, score the disc into 8 wedges, cutting about three-quarters of the way through to the bottom. Brush the tops with the egg wash and sprinkle with coarse sugar.

### **Step 9**

Bake for 25 to 30 minutes, until golden brown.

### **Step 10**

Serve as is, warm from the oven. Store leftovers in an airtight container at room temperature for up to 2 days.