



# Industrial Eyewear

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Green Bay, WI 54307-0387

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## Trade Show Agenda

- April 9-10 .....IA-IL Safety Council Professional Development Conference & Expo
- April 15-16 .....MI Safety Conference
- April 16-18 .....SC Occupational Safety Council
- April 29-30 .....WI Safety & Health Congress/Expo
- April 29-May 1 .....Hoosier Safety Council Safety & Health Conference
- May 6-7 .....WY-MT Safety Council Conference
- May 7-9 .....MN Safety & Health Conference
- May 7-8 .....NC Statewide Safety Conference
- May 7-8 .....KY Governor's Safety & Health Conference & Trade Show
- June 22-24 .....American Society of Safety Engineers (ASSE) Exposition ~ Colorado
- July 20-22 .....TN Safety & Health Congress

## Test your knowledge

**Congratulations** to Colleen Roberts of Griebenow Eyecare in New London, WI. Colleen was among many who unscrambled all of our words correctly and provided the correct answer to the puzzle. The words were: **Night Driving, Computer Use, Clarity, Scratch Resistant, Warranty, No Reflections.** Secret Phrase: **Crizal is Good for the Eyes.**

## Essilor Industrial Word Scramble

Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number. Line up all the words together to reveal the complete phrase and the answer to the puzzle. Those of you who have all the clues and the "Secret Phrase" correct will be entered into a drawing for a \$25 gift certificate to your favorite store or restaurant. Mail your answers to Essilor Laboratories of America, Industrial Eyewear, or fax them to: **(800) 347-8695**, before June 1, 2003. (Include your name, telephone and shipping address.)

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# Industrial Eyewear Newsletter

BARTLEY OPTICAL  
BELL OPTICAL  
BRISTOW OPTICAL  
CROWN OPTICAL  
CUSTOM CRAFT OPTICAL  
CUSTOMEYES  
DASH LAB  
DBL LABS  
DUFFENS OPTICAL  
DUFFENS / LANGLEY OPTICAL  
ELITE OPTICAL  
HEARD OPTICAL  
KOSH OPHTHALMIC, INC.  
MILROY OPTICAL  
NEW CITY OPTICAL  
OMEGA-DALLAS  
OPTI-CRAFT  
OPTICAL ONE  
OPTICAL SUPPLY, INC.  
OPTOGENICS  
PRECISION OPTICS  
SOUTHERN OPTICAL  
TWIN CITY OPTICAL  
TOP NETWORK  
VISTA-PHOENIX  
WOS OPTICAL

Essilor Laboratories of America's Industrial Eyewear Newsletter is designed to keep customers and eyecare providers well informed about new products, changes in ANSI Standards, and technical and legal developments in safety eyewear. We appreciate your business and invite you to direct comments, ideas and requests to **Essilor Laboratories of America, Industrial Eyewear Newsletter**, (800) 346-1338, or FAX to: (800) 347-8695, or email to: [jennifer.reimer@elo.com](mailto:jennifer.reimer@elo.com).

Visit us at: [www.elo-safety.com](http://www.elo-safety.com)

Spring 2003  
Volume 8

## Nearly 100,000 people treated in U.S. hospital emergency rooms for work-related eye injuries - some blinding

*Printed with permission from Prevent Blindness America*

SCHAUMBURG, Ill. – In 2001, close to 100,000 people were treated in U.S. Hospital emergency rooms for eye injuries related to the workplace, yet this figure actually only represents a small portion of the total number of injuries. According to the U.S. Bureau of Labor Statistics, each day, as many as 2,000 workers incur eye injuries related to their jobs. According to Prevent Blindness America (PBA), 90% of these injuries are preventable. Roy and Jack were just two of the workers who experienced such eye injuries – one with a happy ending and the other, tragic.

**Roy was installing aluminum siding on the side of a house.** The air powered staple gun fired a staple, hitting a metal plate behind the siding. The impact caused the staple to ricochet straight into his face with incredible force. The right lens of Roy's safety glasses cracked, the staple partially penetrating the lens. Roy suffered minor bruising to his eyebrow and cheekbone that cleared up within a week. Had he not been wearing the safety glasses, he most likely would have lost all or part of the sight in his right eye.

**Unfortunately, Jack's story did not have such a happy ending.** He was using an electric grinder on large aluminum parts, when suddenly a jagged piece of aluminum broke off and shot straight into his left eye. Jack was not wearing safety glasses and the sharp piece of metal severely cut through his eye. Bleeding profusely, Jack was rushed to the emergency room, but his eye could not be saved. The enforcement of safety procedures and mandatory safety eyewear at his company could have saved his sight.

There are many steps that can be taken in industry to protect one's eyes. The first step is to assess work areas for accidents that can be caused by impact, heat, chemicals, dust, glare and optical radiation. The second is to have a good, sound safety program in place that mandates that 100 percent of employees, managers and visitors follow eye safety rules. This same principle should apply to schools with industrial design and trade courses. "The goal is for everyone to wear the right type of protective eyewear for the specific job whenever hazards are present," said Daniel D. Garrett, PBA spokesperson.

There is not a one-size-fits-all standard for every industry, so safety managers must assess what types of safety gear to purchase. All safety glasses and goggles should be ANSI Z87.1 certified for industrial eye protection, with the Z87 mark on the frames or lenses. In certain industries, a face shield and goggles should be absolutely mandatory to protect workers from chemical splashes, or welding light and electrical arc.

PBA is offering several free fact sheets for safety managers and consumers: **2001 Workplace-Related Eye Injuries, 10 Ways to Prevent Occupational Eye Injuries, and Workplace Safety Quiz**. In addition, PBA sponsors the Wise Owl Program, a safety education program designed to promote the widespread use of approved protective eyewear that meets ANSI Z87 standards. Since its inception, the program has helped save the sight of 86,000 Wise Owl members. To receive this free information, call the **PBA Hotline at 1-800-331-2020**.

Founded in 1908, Prevent Blindness America is the nation's leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight. Focused on promoting a continuum of vision care, Prevent Blindness America touches the lives of millions of people each year through public and professional education, certified vision screening training, community and patient service programs and research. These services are made possible through the generous support of the American public. Together with a network of affiliates, divisions and chapters, it's committed to eliminating preventable blindness in America. **For more information on workplace safety, call 1-800-331-2020 or visit us on the web at [www.preventblindness.org](http://www.preventblindness.org).**

## Danger, Distraction on the Road

Ordinary lenses make nighttime driving more hazardous. They cause piercing reflections that can momentarily distract the wearer and slow reaction time.

- **Crizal Anti-Reflective Lenses** virtually eliminate reflections from headlights, tail lights and other light sources.
- **Crizal Anti-Reflective Lenses** prevent disorienting glare.
- **Crizal Anti-Reflective Lenses** let drivers make faster adjustments to changing conditions.

At night, ordinary lenses cause ghost images around light sources. Alertness is affected. But Crizal Anti-Reflective Lenses minimizes those reflections, reducing fatigue.

**Do you have employees or patients that drive cars or trucks as part of their job? Please don't forget to offer Crizal Anti-Reflective Lenses whenever possible.**

## Titmus Safety Training

The Titmus Safety Training CD, "**Eye Protection at Work,**" is a valuable training tool for use in industry. About ten minutes long, the CD is designed for employee training specific to Protective Eyewear. The employee will learn about different types of protective eyewear and situations where eyewear should be worn, as well as how to care for the eyewear. The CD runs itself (the safety trainer simply needs to load the CD into a PowerPoint program). The slides advance automatically and a voice-over is included. If the safety professional does not have PowerPoint, a copy of a free viewer is available on the Titmus website. **You can receive a free copy of the Titmus Training CD by calling 1-800-346-1338 or by logging on to [www.titmus.com](http://www.titmus.com).**

## ANSI Standards Update

We had hoped to bring you news about the ANSI Z87.1 standards, however at press time the requirements for the new standards are still unresolved. We will keep you advised in coming issues of this newsletter.

## Computer glasses for blurred vision and other CVS symptoms

*By Gina White; reviewed by James E. Sheedy, O.D., Ph.D.*

*Reprinted with permission from Gina White and [www.allaboutvision.com](http://www.allaboutvision.com)*

Many people suffering from blurred vision at the computer are in their 40s or older: the problem is that your eye is getting older (presbyopia). You probably only notice this problem at the computer, because your monitor falls into the intermediate zone of your vision (as opposed to near or far), which you ordinarily don't use much.

Middle-aged and older folks can also have a little trouble with the muscles that control accommodation, the eye's ability to switch focus quickly (such as from a keyboard to a monitor and back). This "lag of accommodation" can lead to blurred vision and eyestrain.

Getting computer glasses can make a world of difference in your comfort level while you're using the computer: not only can they correct your blurred vision, but they can also relieve symptoms caused by your struggling to focus, such as eyestrain and burning.

### I Already Wear Eyeglasses;

### Do I Really Need Computer Glasses?

If you already wear regular glasses or reading glasses, you may be tempted to just dismiss the idea of computer glasses outright. Unfortunately, your regular glasses are not quite right for computer work. Why? Most people wear glasses that do not correct the intermediate zone at all: reading glasses correct near vision only, and bifocals correct only near and far. Even those that do correct the intermediate zone, trifocals and progressive lenses, have only a small portion for the intermediate area, not nearly large enough for comfortable computer work.

Without appropriate eyeglasses, computer users end up with blurred vision, eyestrain and, often, headaches. Worse still, many people try to compensate for their blurred vision by leaning forward, or by tipping their head to look through the bottom portion of their glasses. Both of these actions can result in a sore neck, sore shoulders and a sore back.

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### Computer Lens Designs

One of the more popular types of computer eyeglass lenses is the occupational progressive lens, a no-line multifocal that corrects near, intermediate and, up to a point, distance vision. It has a larger intermediate zone than regular progressive lenses, leaving less space for distance. So, while you would be able to see well enough in the office (most allow you to see a distance of about a room's length), the lens tends to be poorly suited for regular wear.

Another option is a lined trifocal, with a larger intermediate zone than regular trifocals (again, making them a poor choice for non-computer wear).

Some people need only a bifocal, either with intermediate and near correction, or intermediate and far. Others find they can get by with just a single-vision lens (intermediate) that they use for computer work only.

Computer prescriptions are also available in clip-ons that attach to regular eyeglasses. Your eye doctor can help you decide which lens design would best suit your needs.

### Another Benefit: Eyestrain Relief

In addition to fixing your blurry vision, computer glasses can help with another problem as well: eyestrain from bright office lighting. Getting anti-reflective coating on your lenses can significantly reduce the amount of glare and reflected light that reach your eyes. If your office has fluorescent lights, you might want to consider two other options as well. According to Dr. Cosmo Salibello, fluorescent lights emit a great deal of blue light, which makes it "difficult for the human eye to focus due to (blue light's) scattering characteristics."\* Ultraviolet coating can cut down on the amount of blue light that reaches your eyes, as can an amber tint, Salibello said.

\* "Computer Vision Syndrome (CVS): How to Treat the Patients You May Not Know You Have," Dr. Cosmo Salibello, Pacific University (Oregon) website.

## Important questions to ask your eye doctor

Dr. Rodney Tahrán, optometrist and vice president of clinical affairs at Essilor of America, Inc. the world's largest manufacturer of eyeglass lenses, answers some of the most commonly asked eye care questions.

**I've never worn glasses and I can see pretty well. Is there any reason why I should have my eyes checked?**

A comprehensive eye exam is so important because it's not just about your ability to read small print on the Snellen chart (the one with the large E at the top.) According to the American Foundation for Vision Awareness, that test only identifies 20-30 percent of vision problems. An eye Exam is sometimes the first indication of other health problems such as diabetes or hypertension, so it's important to see your eye care professional regularly and always when symptoms appear.

**What should I expect at an eye exam?**

A proper exam should last about a half-hour and consist of the following steps:

**Step 1.** After taking your family and health history, your eye doctor will perform a number of tests on the internal and external parts of your eyes using several different medical instruments. These tests can detect problems such as a detached retina, cataracts, glaucoma, and corneal diseases, as well as diabetes, high blood pressure and neurological disorders. Your eye doctor will probably want to dilate your eyes at this stage. When your eyes are dilated, your pupils enlarge, making them easier to examine.

**Step 2.** This part of the exam consists of many tests to determine your ability to see clearly, focus your eyes and see whether you need glasses. This is where you read the Snellen eye chart at a distance with each eye, and are tested for near vision performance as well.

**Step 3.** At the conclusion of the exam, your eye doctor will make a final diagnosis and determine the treatment plan. The diagnosis will include the status of your vision and any health problems. It will then be determined whether you need any type of corrective eyewear or vision therapy treatment.

*Please look for additional Important Questions to Ask Your Eye Doctor in future newsletters.*



## Focus on service

**Trude Bickerstaff** has worked in nearly every position in the optical business.

She began her career in the mailroom with White Haines Optical in 1980 and eventually worked her way up to customer sales and service. She's even spent time in the lab doing final inspection and dispensed for an ophthalmologist for one year. Trude has worked as a prescription safety eyewear sales representative since 1991 and joined the Essilor sales staff in 1999. Trude believes her overall knowledge of the many phases of the optical business assist her in her current position. She continues to expand her knowledge at every opportunity. She thoroughly enjoys educating companies about the need for safety eyewear and finds her job challenging, fulfilling and most of all, fun. She works closely with **Holly Ayala** in our sales office. Trude can be reached at **(800) 346-1338, Ext. 1294** or at [trude.bickerstaff@eloa.com](mailto:trude.bickerstaff@eloa.com).

**Holly Ayala** began her safety eyewear and optical career with the Essilor Industrial Eyewear Division in 2001 and has worked very effectively with our field representatives in Ohio, Pennsylvania, Georgia and Florida. Holly recently volunteered to translate program guidelines into Spanish for several of our customers with Spanish speaking employees. As our bi-lingual expert, she hopes to continue translating programs into Spanish. Holly assists **Trude Bickerstaff** in Ohio and Pennsylvania and our field representative in Georgia and Florida. Holly can be reached at **(800) 346-1338, Ext. 1228** or at [holly.ayala@eloa.com](mailto:holly.ayala@eloa.com).

## The Power of TD2®

*Dear Tom:*

*I would like to take this opportunity to tell you how well the TD2® coating on my safety glasses is working. I have had the safety glasses for over two years and they are scratch free. These safety glasses get worn in all areas of the power plant and are exposed to many different types of dust. It is just amazing that they have no scratches. I will never have another pair of glasses without the TD2® coating. Thanks for recommending the coating to me.*

**Jeff McClain**

*Safety and Administrative Supervisor  
Leland Olds Station  
Basin Electric Power Cooperative  
3901 Highway 200A  
Stanton, ND 58571-9417*

*TD2® testimonial was sent to our Western Division Sales Manager, Tom Slanga.*

## They did it again!

**John Hammer** and **Tory Olson** walked away again with the President's Club award at the Essilor National Sales Meeting in January. Each year one sales team from the Industrial Eyewear Division receives this honor based on Outstanding Sales Performance and Achievement. **Congratulations John and Tory on your success in 2002!**