

**BC Forest Safety**Safety is **good** business

HEALTH AWARENESS: MAINTAINING YOUR VISION & HEARING



LOOK OUT



YOUR EYES ARE YOUR WINDOW TO THE WORLD. TAKE CARE OF THEM AND THEY WILL TAKE CARE OF YOU.



PROTECT YOUR EYES: ALWAYS WEAR YOUR EYE PROTECTION AND HELP AVOID DAMAGE TO YOUR VISION.



WHEN DID YOU LAST HAVE AN EYE EXAM? GET THEM CHECKED EVERY TWO YEARS.



AN INCREASE IN BLACK OR GREY SPOTS OR FLASHES OF LIGHT CAN SIGNAL A SERIOUS PROBLEM.

SOUND ADVICE



EXPOSURE TO PROLONGED NOISE CAN CAUSE IRREVERSIBLE HEARING DAMAGE.



FORESTRY IS ONE OF THE HIGHEST INDUSTRIES FOR WORK-RELATED HEARING LOSS.



PREVENTION IS THE KEY: WEAR YOUR HEARING PROTECTION NO MATTER WHAT AGE YOU ARE.



GET YOUR HEARING CHECKED ANNUALLY.

HEALTH AWARENESS: MAINTAINING YOUR VISION & HEARING



DATE: _____

FILE NUMBER: _____
(IF APPLICABLE)

DISCUSSION FACILITATED BY: _____

Use this **Crew Talk** to lead and document a worksite conversation on how to maintain your hearing and vision. Environmental exposure to noise and vision damaging conditions can cause immediate losses but it can also accelerate slower, less obvious changes.

KEY POINTS:

- Wearing hearing and vision personal protective equipment (PPE) is critical for avoiding damage due to the noise, sunlight and airborne debris. If noise is loud enough to interfere with conversation, you need to be wearing your hearing protection.
- Age related vision and hearing losses can begin around age 40 and are common by age 65. If you are exposed to loud noise or vision damaging conditions, vision and hearing loss can occur at a much younger age.
- Smoking, diabetes, high blood pressure or hardening of the arteries, speed up age related hearing and vision losses. Sun exposure can also damage the lens of the eye.
- Early detection is very important. Most forestry workers have annual hearing tests but may not have their vision checked regularly. You should have your eyes checked by a specialist at least every two years.

DISCUSSION LEADS:

- Describe a close call where you noticed a warning sign "out of the corner of your eye" or because you heard a noise?
- Do you know someone with hearing or vision losses? How does their impairment affect their activities and interactions with others?
- When was your last hearing test? When did you last have an eye exam by a specialist?
- Are eye exams covered by my benefits program?
- Do you smoke, have diabetes or heart disease? Are you aware of ways to reduce the impact on your hearing and vision relating to these risk factors?
- Do you know anyone who doesn't like wearing hearing or vision PPE? What reasons do they give? What could you tell them to convince them of the importance of protecting their hearing and vision?

EXERCISES:

- Imagine what it would be like to lose your hearing or vision. How does the loss of your ability to follow the conversations affect your ability to interact with others?
- Try eating dinner with your eyes closed or without wearing your corrective lenses. How does your impaired vision influence your ability to complete tasks?

RESOURCES:

- Aging Worker Vision and Hearing Resource Package: www.bcforestsafesafe.org/node/3435
- Aging Worker Vision and Hearing Posters: www.bcforestsafesafe.org/node/3435
- Noise Induced Hearing Loss: www.bcforestsafesafe.org/-files/Safety_Alert_WSBC-How_Loud_Is_It-Forestry.pdf
- WorkSafeBC Safety Bulletin: www.worksafe-bc.com/en/health-safety/injuries-diseases/hearing-loss
- General Eye Safety Resource Package: www.cdc.gov/-niosh/topics/eye/toolbox-eye.html

DOCUMENTATION: I CONFIRM THAT I TOOK PART IN THIS DISCUSSION AND COMMIT TO FOLLOWING BEST PRACTICES TO MAINTAIN MY VISION AND HEARING:

PRINT NAME:

SIGNATURE:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____