



**BC Forest Safety**

Safety is **good** business

**HEALTH AWARENESS: MAINTAIN YOUR**

# VISION & HEARING

## LOOK OUT



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



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



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



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



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.