

PERSONAL INJURY POST

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5 Dangerous Eye Hazards in Your Workplace In Tribute to National Eye Exam Month

If you're reading this newsletter right now, you're likely using one of the human senses that we take for granted the most — our vision. Unfortunately, our eyes are very vulnerable to injuries, especially if you're a construction, factory, or warehouse worker.

Every single day, more than 1,000 eye injuries occur in U.S. workplaces. Many people don't start taking their eye health seriously, however, until it's too late. That's why, in honor of National Eye Exam Month, I thought I'd share some of the most common hazards you may face daily, which you can be prepared for with personal protective equipment (PPE) for eye safety (i.e., safety glasses).

No. 1: Impact

Any time two materials come into contact with each other, consider the risks they may cause to your eyes (especially from activities like chipping, grinding, machining, masonry work, woodworking, sawing, drilling, chiseling, power fastening, riveting, and sanding). Impact hazards from these activities include chips, fragments, particles, sand, and dirt. These objects are very small, but they can cause serious injuries such as punctures, abrasions, and contusions.

The Occupational Safety and Health Administration (OSHA) advises that in hazardous areas where you may be exposed to flying objects, workers must wear primary PPE, such as safety spectacles with side shields or goggles, since safety glasses wouldn't be enough on their own. If you do get particles in your eye, don't try to remove them on your own, as you may cause more damage. Get medical help immediately.

No. 2: Heat

If you're exposed to high temperatures, splashes of molten metal, or hot sparks at work, there's a chance that you may get heat injuries, including burns, at work. Always wear PPE that includes special-purpose lenses, considering the source and intensity of the heat and types of splashes that could occur. Anti-fog coatings may help improve compliance in high-heat situations.

If you do get exposed to excess heat, apply ice packs over closed eyes to relieve pain right away.

No. 3: Chemicals

Often, if you wear the wrong type of PPE, you may experience a chemical eye injury. That's because these injuries can come in a few different forms, whether it's a splash, mist, vapor, or fume. With the wrong type of protection, chemical substances that make direct eye contact can cause extremely serious or even irreversible damage. If you work with or around chemicals, make sure you're wearing goggles, know the location of emergency eyewash stations, and can access these areas even with restricted vision.

No. 4: Dust

Dust hazards are like impact hazards but much more constant. If you're in a woodworking or buffing workplace, these tend to be dusty environments, and dust can be very hard to avoid. However, dust still causes eye injuries and is especially dangerous for people who wear contact lenses. Make sure you're wearing either an eyecup or cover-type safety goggles in these settings. With a protective seal around your eyes and a regular eyewear-cleaning regimen, you're sure to avoid eye-related injuries. Similar to the response to impact hazards, don't rub your eyes if they've been affected by dust; instead, call for medical attention immediately if you can no longer blink away the dust particles in your eyes.

No. 5: Optical Radiation

It's not healthy to look directly at the sun — and for the same reason, certain lights in the workplace pose similar risks. When you're working with lasers, you'll often be near high concentrations of heat, ultraviolet, infrared, and reflected light radiation. Select protection with appropriately smoked or tinted eyewear, even against sunlight if you're working outdoors. Use ice packs over closed eyes if you've been overexposed to radiation.

Thanks for reading, friends, and I hope you'll get an eye exam check-up if you haven't gone in a long time. You don't know just how much it might positively affect your vision in the future.

— The Garcia & Ochoa Team

CRUSH YOUR NEXT PERFORMANCE REVIEW LIKE A BOSS

5 Ways to Achieve Your Best Score Yet



The phrase “performance anxiety” wasn’t coined for employee reviews, but it definitely could have been! There’s nothing more stressful than sitting down face to face (or Zoom to Zoom) with your manager to hear where you fall flat. Fortunately, pretty much every employee goes through this experience, so we can give you expert advice on how to ace that meeting.

Before the Big Day

1. **Come up with a game plan.** In the months, weeks, and days leading up to your review, don’t just stew in your anxiety — make a plan! Look over past feedback from managers and come up with topics and questions that will benefit you. As Eloise Eonnet, founder of Eloquence Coaching, told The Muse, “Figure out what you want from the meeting. Your manager is going to come in with a list [of things to talk about]. You should, too.”
2. **Gather ‘proof of greatness.’** This is your chance to prove to your boss how awesome you are. To do it, create a list of your accomplishments and gather any positive feedback you’ve gotten from coworkers or clients since your last review. Your email inbox, calendar, and company chat forum can help!

During the Meeting

3. **Focus on your progress.** How have you grown in the last month, quarter, or year? How did you adapt to changes at your company? Highlight those things. Forbes writer Liz Ryan shared this tip in 2016, but it’s even more applicable today after the COVID-19 pandemic dramatically changed business.
4. **Point out the problem spots.** Did you fail spectacularly at something recently or make a small but memorable mistake? Be proactive about bringing up these elephants in the room, then focus the conversation on how you solved the problem.
5. **Share your goals.** Don’t just cover the past — talk about the future, too! This will highlight your eagerness to improve, underscore your commitment to the company, and give you boxes to check during your next review.

If You’re Working Remote

On top of the tips above, double-check your technology is working and invest in a webcam if you haven’t already. Ashley Fernandez of Ashley Marie Coaching told The Muse that this will help you connect with your manager on a more personal level. Good luck!

4 COMMON CHEMICALS THAT CAUSE WORKPLACE INJURIES

Chemical and toxic exposure is a particularly insidious form of workplace injury, occurring when workers come in contact with chemicals like trichloroethylene, perchlorethylene, poly vinyl chlorides, arsenic, cadmium, and other heavy metals used in workplace environments.

Diseases like mesothelioma (resulting from asbestos exposure), acute myeloid leukemia, lead poisoning, cancer, and many others can result from prolonged exposure to toxic chemicals. The four most common toxic chemicals workers can be exposed to include the following:

Asbestos: This is one of the most well-known hazardous chemicals. Mesothelioma-related litigation is the single largest class-action lawsuit in American history

Benzene: Chemical and toxic exposure is linked to acute myeloid leukemia, immunodeficiency, reproductive problems, and many other health complications

Lead: While it can be particularly devastating to infants and toddlers, lead poisoning can affect someone of any age, leading to developmental disabilities and other neurological problems

Manganese: Exposure to manganese can lead to a condition called manganism or manganese poisoning, which is similar

WHAT TO DO AFTER A REAR-COLLISION HIT-AND-RUN

Unfortunately, “hit in the rear” cases are very common in personal injury law — a “hit in the rear” hit-and-run, however, is a little less common.

One afternoon, our client waited at a complete stop at a red light. Suddenly another driver struck them and then drove off. Our client pursued them for a while so the other party could pull over, but when it became apparent that the other driver wouldn’t pull over, our client obtained the license plate number instead.



in many aspects to Parkinson's disease, with exposure often resulting from activities like welding, smelting, or other metalworking processes.

Don't wait to protect yourself! Because toxic exposure litigation is complex and nuanced, you should seek out an occupational disease specialist or other physician who is familiar with toxic exposure to help you make a proper diagnosis.

At Garcia & Ochoa, we will be happy to consult with you, point you in the right direction, and help you locate a doctor who can recognize the symptoms of toxic injury and help document your illness for litigation purposes.

If you have been (or think you may have been) exposed to toxic chemicals in the course of your work, please contact our expert Texas chemical and toxic injury lawyers today for a FREE consultation — we can help you determine the next, best step for you and your family.



Because our client did this, they had a much more substantial way of claiming their money and getting justice directly from the person who had wronged them. However, there are other important things to keep in mind. Here's your priority list for what to do after being rear-ended, including in a hit-and-run case.

No. 1: Check for injuries.

After an accident — before you can help anyone else — you need to properly assess your current physical well-being so you don't worsen or disable yourself as well. After being rear-ended, people often experience severe neck and back pain, some of which can lead to lifelong health complications. Even if you don't think you've broken anything, seek medical attention as soon as possible.

No. 2: Get the other driver's information.

Many people will stop, but in a hit-and-run scenario, this might mean following them until they pull over or simply reading and recording their license plate. Just be safe and don't do any illegal maneuvers to follow them.

No. 3: Call the police and report the accident.

A police report will be crucial to making your claim. As soon as you get the chance, call the police and explain to them what happened. For people who get very nervous around police officers, try your best to take things one detail at a time. Don't get too nervous and accidentally lie to a police officer, which is illegal!

Lastly, you'll definitely want to call an attorney to help provide justice for you and your family for your (most likely) expensive injury. If you need a helping hand, don't hesitate to call our experts at Garcia & Ochoa!

Hardworking Lawyers Helping Hardworking People.

TOMATO AND WATERMELON SALAD (YES, REALLY!)

Inspired by BonAppetit.com

INGREDIENTS

- 1 tsp peppercorns, coarsely crushed
- 1 tsp coriander seeds, coarsely crushed
- 1/2 tsp cumin seeds
- 1/2 tsp turmeric
- 1/4 cup coconut oil
- 4 cups seedless watermelon, rind removed and cut into 1/2-inch cubes
- 2 heirloom tomatoes, cut into 1/2-inch cubes
- 8 oz feta cheese, cut into 1/2-inch cubes
- Sea salt, to taste

DIRECTIONS

1. In a small saucepan, sauté spices and herbs in the coconut oil for 3 minutes over medium heat to create turmeric oil. Take the pan off of the heat, then let it cool.
2. Combine the watermelon, tomatoes, and feta on a large platter or in a bowl. Drizzle with cooled turmeric oil. Now, simply sprinkle with sea salt and enjoy!

BE INSPIRED

“LOVE DOESN'T MAKE THE WORLD GO 'ROUND. LOVE IS WHAT MAKES THE RIDE WORTHWHILE.”

—FRANKLIN P. JONES

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Is This Good for Me?

Apps to Help You Make Smart Food Choices

Sometimes going grocery shopping can leave you feeling more like a detective than a human just trying to feed yourself and your family. Sleuthing down the snack aisle brings up questions about whether gluten-free means “good” and whether no added sugars means “nutritious.”

The foundation of healthy snacking includes fresh fruits and vegetables, but how can you make smart (or smarter) choices when buying packaged snack foods? New smartphone apps mean the answer is just one bar code away.

Switch It Up

FoodSwitch is a mobile app developed by an international health advocacy group, The George Institute for Global Health. Even packaged foods that purport to be healthy can have high levels of salt, sugar, and saturated fat. While valuable information appears on nutritional labels, they can also leave you more mystified than empowered.

In that case, simply open the FoodSwitch app, scan the bar code of the item you’re interested in, and get

instant nutritional information and options for healthier alternatives. Each item gets a Health Star Rating from .5–5, making it easy to understand where the item falls on the health spectrum and how it compares to other brands. If that item doesn’t meet your dietary needs, let FoodSwitch recommend an alternative.

In a Snap

If you’re already a dedicated Snapchat user and don’t want to add another app to your phone, you’re in luck. Snapchat has recently implemented a scanning technology powered by the nutrition-tracking app Yuka. While it has similarities to FoodSwitch, the format Snapchat uses lays out the nutritional pros and cons of each item and gives each item an overall rating on the traffic-light system. Green means good to go, yellow means proceed with caution (moderation), and red means reconsider or only eat this item rarely.

With these two apps, you can put down your magnifying glass and pick up your smartphone. Making healthier snack choices is right at your fingertips.