

HEALTH AND SAFETY TALKS



SAFETY FIRST



PROTECTION



REGULATION



HAZARDS



HEALTH



INSURANCE

Eye Care



**WORLD
RETINA WEEK**



23 - 29 SEPTEMBER 2024

IF YOU HAVE THESE SYMPTOMS:

- Loss of vision
- Seeing floating specks or cobwebs
- Gradually reduced side (peripheral) vision
- A curtain-like shadow over your visual field
- Flashes of light in one or both eyes (photopsia)
- Blurred or distorted (straight lines look wavy) vision

**Consult your
optometrist**



ASPASA
Small surface mine association