



August 15, 2013

“All glory comes from daring to begin.”

Eugene F. Ware (1841-1911)  
American businessman and lawyer

**Check it out:**

Many eyewear chains  
are now offering  
two-for-one, back-to-school savings.

## Take a Quick Look at Vision Safety

*Editor's Note: During the Dangerous Days of Summer, Commander's Call Topics is reprinting safety articles from previous issues. This week, CCT offers seven tips for vision safety, first printed August 10, 2012.*

Vision safety is important, and it's often *how* we use our vision that determines what constitutes optimum safety. Granted, from the moment we wake up each morning until we call it a day in the evening, our vision is being employed 100 percent of the time to read, to judge distance, to recognize others—to learn! So, healthy, protected vision isn't an option. It's an imperative.

The Dangerous Days of Summer serve as a good reminder to take care of our eyes, which we so often take for granted. Here's how:

1. **Choose protective eyewear to fit your sport.** Some sports—racket sports, baseball, basketball, lacrosse and field hockey—have documented standards established by the American Standards of Testing & Materials (ASTM Standard F803). Sports eyewear should have, at a minimum, 3-mm polycarbonate lenses. They are the thinnest, lightest, and most impact- and shatter-resistant. They filter 100 percent of UV light.
2. **Check with the American Academy of Ophthalmology (aao.org) to learn how specific sports call for a particular structure of eye protection.** For example, there's a difference between a football player's helmet with eye protection and a hockey goalie's. The structure of the device enabling the player to wear the protective eyewear is different.
3. **Hobbies and fix-up projects need good eyewear, too.** Create a safe work environment for your painting, welding or woodworking project. Wear the proper eye and face protection. American National Standard Institute (ANSI) Z87 sets the universally accepted levels for eye protection based on the hazards at the site.
4. **Whether it's hobbies, work or sports, make sure the eye protection fits the requirement.** And make sure that it is in good condition and stays put.
5. **Shake it off.** Brush, shake or vacuum debris, dust and other particles from hardhats, forehead, hair and the top of the eye protection before removing the protection. And don't rub eyes with dirty hands.
6. **Follow the 20-20-20 rule when using the computer.** According to AAO, we blink about 18 times a minute, except when we use the computer. To ease computer eyestrain, every 20 minutes look at an object 20 feet away for 20 seconds.
7. **Sun damage to your eyes isn't just a summer thing.** The sun damage to eyes is a year-round threat, so it's important to purchase sunglasses from a source you can trust. Buy only sunglasses that are labeled that they block 100 percent of ultraviolet (UV) rays. Cataracts and macular degeneration can be caused or exacerbated by the sun, although there are many causes.

### ► TRENDING...

“The Department of Defense remains committed to ensuring that all men and women who serve our country and their families are treated fairly and equally...” from a memo from Defense Secretary Chuck Hagel. The related news article about extending benefits to the same-sex spouses of military members can be seen [here](#).

## ► RESOURCES

**AF.mil**

<http://www.af.mil>

**Airman magazine**

<http://www.airmanonline.af.mil>

**Air Force Outreach**

<http://www.afoutreach.af.mil>

**Military OneSource**

<http://militaryonesource.af.mil>

**Military HOMEFRONT**

<http://www.militaryhomefront.dod>

**Air Force Personnel Center**

<https://mypers.af.mil>

<http://www.afpc.af.mil>

**Air Reserve Personnel Center**

<http://www.arpc.afrc.af.mil>

**Department of Defense News**

<http://www.defense.gov>

**Department of Veteran Affairs**

<http://www.va.gov>

**TRICARE**

<http://www.tricare.mil>

**U.S. Government Website**

<http://www.firstgov.gov/>

**Employment Opportunities**

[www.usajobs.com](http://www.usajobs.com)

[www.nafjobs.org](http://www.nafjobs.org)

**Air Force Association**

**Scholarships**

<http://www.afa.org/ae/aef/aid/scholars>

**Air Force Safety Center**

[www.afsec.af.mil.asp](http://www.afsec.af.mil.asp)

## ► THIS WEEK IN AIR FORCE HISTORY

**August 15, 1945** – Victory Day, Japan. After the August 6<sup>th</sup> and 9<sup>th</sup> atomic bombings of Hiroshima and Nagasaki, respectively, the Japanese government announced its intention to surrender "unconditionally," subject to an Allied agreement to maintain the monarchy. Washington declared a cease-fire immediately.

**August 16, 2002** – Global War on Terror. The Air Force extended the mobilization of over 14,000 Guardsmen and Reservists, mostly security forces, into a second year of this conflict.

**August 17, 1972** – The Air Force changed navigator bombardier training into a nonflying training program to save \$1.9 million a year.

**August 18, 1956** – Last class in Air Force to fly piston-engine T-6 aircraft graduated at Barstow AB, Fla. The Air Force used various versions of the T-6 to polish pilot skills since 1941.

**August 19, 1942** – 2Lt. Sam F. Junkin became the first active duty American pilot to shoot down a German fighter

over Europe while giving air support to a commando raid on Dieppe, France.

**August 20, 1990** – Operation Desert Shield. More than 15,300 reservists, roughly 22 percent of the reserve force, volunteered to serve.

**August 21, 1923** – First airstrip lighting occurred when 18- and 36-inch electric arc beacons were used to light 42 landing fields on a route between Chicago and Cheyenne. They were visible for 50 miles.

## ► CURRENT ISSUES

[Academy welcomes new superintendent](#)

The U.S. Air Force Academy logged a new milestone when the first woman to hold the position of Academy superintendent assumed command in a ceremony before hundreds of guests, Academy staff and cadets.

## ► PERSONNEL ISSUES

[New tuition assistance process eliminates up-front fees](#)

Air Force Reserve Command officials will implement a new tuition assistance payment process Oct. 1 that will eliminate up-front fees reservists pay for classes by enabling tuition payments to go directly to a university or college.

## ► FAMILY, HEALTH AND SAFETY

[PTSD specialist simplifies stress science](#)

Tania Glen, who has a doctorate in psychology and is a licensed clinical social worker, delivered a feelings-free, scientific analysis of the human body's physiological response to high-stress situations during a briefing Aug. 5 to help Airmen here understand their biological processes downrange.

## ► ENVIRONMENT, SPACE AND TECHNOLOGY

[Training pods produce knowledge, keep warfighters sharp](#)

Keeping track of 60 aircraft from U.S. and allied partners during a two-week exercise could seem to be an impossible task especially in a training space the size of Florida.

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>.

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