# Keep a Lookout for Eye Injuries




## What's at Stake?

Every day thousands of workers are exposed to sight altering and life altering eye injuries. Of those workers exposed, over 2,000 end up needing medical treatment each day because of a job-related eye injury.

## What's the Danger?

- The dangers to your eyes and vision at work are easy to see:
- Flying particles, such as dust, wood chips or metal shavings, can strike or scrape the eye.
- Nails, staples or slivers of wood or metal can easily penetrate the eyeball and cause immediate loss of sight.
- Large objects striking the eye and face can cause blunt force trauma to the eyeball or eye socket.
- Chemicals, thermal exposure, and even sun exposure can damage eyes and cause blindness.
- Infectious diseases can be transmitted through the mucous membranes of the eye as a result of direct exposure to blood and other body fluids.

## How to Protect Yourself

Here are some easy ways to protect your peepers:

- First, look for hazards around you and not just those related to the work you're doing.
    - For example, look at the hazards posed by nearby workers, machinery and any overhead work.
- Then, select and wear the right type of protective equipment for the job. It makes a difference.
    - Wearing the right type of eye protection and wearing it consistently can prevent 90% of eye injuries!
    - Sadly, the majority of injured workers were not wearing eye protection at the time of injury.
- Next, always inspect PPE before use.
    - You want it to be in good condition and snugly and well.
    - Don't forget to clean eyewear often. Dirty eyewear makes it hard to see and is dangerous.
- Remember these safe work practices:

- Don’t rub eyes with dirty hands or clothing.
- Brush, shake, or vacuum dust and debris from hardhats, hair, forehead, or the top of the eye protection before removing it; and
- Know where emergency eye wash stations or portable eye wash bottles are located.
- Immediately flush your eyes with clean water and follow up with medical attention right away for chemical exposure or if a foreign object gets stuck in your eye.

## Final Word

Don’t turn a blind eye to protecting your sight. Follow safe work practices and wear the right PPE each and every time your eyes and vision are at risk.