



EYE CARE

Overview: You use your eyes everyday to successfully complete your daily routine, so it's easy to forget or let your guard down when eye protection is needed. For people who do not normally wear glasses, wearing eye protection can seem burdensome or even uncomfortable. Each day 1,000 eye injuries occur in American workplaces. It only takes a split second for a life changing accident to occur.

What causes on the job eye injuries?

1. **Not wearing eye protection.** The Bureau of Labor Statistics reports that three out of every five workers injured were not wearing eye protection at the time of the accident.
2. **Wearing the wrong kind of eye protection for the job.** 40% of injured workers were wearing safety glasses with no side shields.
3. **Flying particles** were responsible for 70% of eye injuries, for example, falling objects, sparks, dust, metal shavings, etc. Most particles travel faster than a hand-thrown object.

How can I prevent eye injuries?



Always wear appropriate and effective eye protection. OSHA standards require that employers provide workers with suitable eye protection. Eye protective devices should allow for air to circulate between the eye and the lens. Goggles generally provide better protection for the eyes. The best protection is ensured when goggles are worn in coordination with a face shield.



Educate yourself! Those injured often stated that they did not think protective gear was required for the job. Even though most employers provide eye protection, about 40% of the workers received no information on where and what kind of eyewear should be used.

Excuses, Excuses!

Some people don't like to wear safety glasses or goggles because they tend to fog up. This occurs when sweat vaporizes and coats the inside of the lens. If you have this problem, wear a bandana or sweatband to keep this from occurring.

Eye protection is uncomfortable! Usually this is because the eye protection device does not fit properly. Make sure the device is properly adjusted for the correct fit. Please keep in mind that wearing prescription glasses is not the same thing as safety glasses. There are safety glasses that are made to fit overtop of your eyeglasses.



When should I utilize eye protection?



Handling hazardous chemicals and radioactive materials



Spraying or wiping with cleaning solutions



Chipping, sledging and hammering on metal, stone or concrete



Use of manual and power impact tools



Caulking, brushing and grinding



Drilling, scaling and scraping



Gas welding, cutting and brazing



Drilling overhead, and in environments with excessive dust



Electric arc welding and cutting and other operations that expose the eyes to flying particles, dust, hot liquids, gases and fumes.

* Consult with your supervisor to be advised of your options regarding prescription eyewear.