

You Only Have One Set of Eyes, Protect Them!

According to Federal Occupational Health, a group within the US Department of Health and Human Services, more than 2,000 people suffer from eye injuries each day and an estimated 1,000 of those occur in American workplaces alone. Ninety percent of these injuries could be prevented if individuals took precautionary steps and wore appropriate eyewear.



Common causes of eye injuries include:

- Flying objects (bits of metal, glass)
- Tools
- Wind-blown particles
- Chemicals
- Harmful radiation
- Any combination of these or other hazards

Take these preventative steps

- › Visit your eye doctor for an eye assessment, and become aware of eye safety dangers at work.
- › Always use proper eye protection, especially if it is assigned to your job. Safety glasses and goggles should have lenses that are impact-resistant and meet the standards of the American National Standards Institute. They can also be equipped with side shields, cups or tinted lenses. Although, not specifically eyewear, shields and helmets can be used and are most helpful when working with chemicals or heat sources.
- › If operating machinery, use machine guards, work screens or other engineering controls.
- › Do not wear contact lenses around smoke, dust or chemical fumes.
- › It is recommended to keep eyewash and a rigid eye shield handy in your first-aid kit for emergencies.

Eyestrain from computer use

While looking at a computer screen cannot cause eye damage, it can cause eyestrain. Symptoms include sore or irritated eyes and trouble focusing. The following can help prevent eyestrain:

- › Your screen should be 20 to 26 inches away from your eyes and sit slightly below eye level. Additionally, adjustable chairs, screens and keyboards are helpful.
- › A document holder next to your screen will keep you from constantly changing your eye focus as you read and type.
- › Change any lighting to lessen glare or reflections on the screen.

It is important to protect your eyes in every work setting through preventative steps.

For more information on eye safety...

Prevent Blindness America:
www.preventblindness.org

American Academy of Ophthalmology:
www.aao.org

Federal Occupational Health:
www.foh.dhhs.gov



Local Response | National Support