

Protecting Your Sight

According to the Centers for Disease Control and Prevention, about 2,000 U.S. workers each day have a job-related eye injury that requires medical treatment.

Your eyesight is precious, so what can you do to ensure that you protect it?

- **Three out of five eye injuries (60%!) happen because the worker was not wearing any eye protection at the time of the accident.**
- Of the remaining 40% of injured workers who were wearing some type of eye protection, the protection was the wrong kind and failed to protect adequately. The leading cause in these cases was the lack of side shields.

Accident studies reveal that flying or falling objects and sparks are the cause in 70% of eye injuries, with most of the objects causing the injury being smaller than a pin head. Also, nearly 20% of all eye injuries are caused by contact with chemicals. This includes splashing or chemicals being sprayed directly into the eye.

The number one thing is to always wear appropriate eye protection in any situation where there is a risk of eye injury occurring.

Some other things to remember for your eye protection:

- Make sure that your eye protection fits properly and is clean. One of the leading reasons for workers removing or not wearing eye protection is that it did not fit properly. Another is that the lens became dirty and they could not see what they were doing.
- Keep your safety glasses in good shape. Lenses can scratch which makes them difficult to see through and is another reason why they might not be worn. Store them in an old sock before they are tossed into a tool chest or the seat of a vehicle.
- If something gets in your eye, use the eyewash station. Eyes should be rinsed with clean water for at least 15 – 20 minutes.
- Finally, you should get an eye exam every two years or if you perceive that your eyesight is deteriorating. Being able to see clearly is part of being safe and will help in your job performance as well.

In summary, never take chances with your vision. Choose the best protection, make sure it fits, keep it clean and always wear it.

Please be sure to sign your name to the training certification form.

