

# FIRST AID CAN SAVE YOUR EYESIGHT

Despite every precaution, eye injuries can occur. Knowing what to do in an emergency can save your eyesight.

## Specks in the eye

**Don't** rub the eye, or you'll scratch your eye or embed the object.

**Do** go to the nearest eyewash station and flush the eye until the object has been rinsed out. If the object won't rinse out, get medical attention immediately.

## Embedded objects, cuts and punctures

**Don't** try to wash out the eye or attempt to remove the object yourself.

**Do** loosely bandage both eyes to stop any eye movement. Seek immediate medical attention.

## Chemical splashes

**Do** immediately flush out the eye with water.

**Don't** attempt to remove a contact lens. Flush over it.

**Do** hold your eyes wide open with your fingers if needed, and flush the eye for a few minutes. Seek medical help right away.

## Bumps and blows

**Do** apply a cold compress for 15 minutes.

**Don't** put pressure on the eye or put ice directly on the eye area. Crushed ice in a plastic bag can be used as long as the bag rests on the forehead. See a physician if there is reduced vision, continued pain, swelling or blood in the eye.

# Safeguarding Your Vision

**... at work.** Follow all workplace rules and guidelines pertaining to eye safety and wearing goggles or shields. It's no accident that these guidelines are in place.

**... at home.** Everyday tasks such as cooking, cleaning house, gardening or working in the yard may expose you to household chemicals or hot grease, garden chemicals and flying objects. Use a splatter shield in the kitchen and goggles outdoors.

**... at play.** Have you noticed that more and more professional athletes are wearing protective shields or goggles during games? You should too. A finger poke or flying ball can lead to eye abrasions or damage deep inside your eye.

**... in the morning.** Brushes and fingernails near the eyes can lead to abrasions on the eye. Be careful when applying mascara or inserting contact lenses — and cover your eyes when using hair spray.

**... in the sun.** If you spend a lot of time outside in the sun, wear sunglasses designed to screen harmful ultraviolet rays, which are harmful to the lens of the eye. And never look at the sun directly, even through sunglasses — it can cause permanent damage.



Sports-related eye injuries occur most frequently in baseball, basketball and racquet sports. Almost all sports-related eye injuries can be prevented. Protect your eyes by wearing polycarbonate lenses at least 2.0 mm thick.

(Source: Present Windows America)

# Eye Safety



## Watch Out!

Each year thousands of workers suffer on-the-job eye injuries that can cause permanent damage or even blindness. Most of these injuries are preventable. Safety eyewear can protect workers against the three main categories of eye hazards: impact, light radiation and liquid splash.

### Common Work Hazards

- Dust, concrete, metal shavings, wool fibers and other flying particles
- Falling or shifting debris, building materials and glass
- Molten metal
- Chemicals (acids, bases, fuels, solvents, lime, wet or dry cement powder)
- Intense light created by welding arcs and lasers
- Smoke and noxious or poisonous gases
- Thermal hazards and fires
- Blood and other infectious bodily fluids

**Remember:** Most eye injuries are preventable. Knowing the primary hazards in your work environment and making sure machine guards, eyewear and other safety precautions are in place are crucial to preventing eye injuries.

## 6 Rules of Protective Eyewear

Protective eyewear consists of various types of glasses and goggles. However, if eyewear doesn't fit correctly, you can't trust it to work. To meet minimum safety requirements, eyewear must do the following:

1. Provide adequate protection against the particular hazard for which it is designed
2. Be reasonably comfortable
3. Fit snugly without interfering with the vision of the wearer
4. Offer durability
5. Be capable of being disinfected and cleanable
6. Always be kept in good repair



## Sorting Out Safety Goggles

Industrial-thickness glass, plastic and polycarbonate lenses will meet or exceed eye protection standards. **Here's more:**

### Glass lenses

**Benefits:** scratch resistant; can withstand chemical exposure; can accommodate a broad range of prescriptions.

### Plastic and polycarbonate lenses

**Benefits:** lightweight and provide the best impact protection; unlikely to fog. **Note:** Plastic and polycarbonate lenses are not as scratch-resistant as glass and need to be treated with a hard coating, and they also can't fit as wide a range of prescriptions as glass.

### Safety glasses with semi-side shields

**Benefits:** offer protection from flying particles coming from in front of you or from the side; offer protection from drill press and other machine operations, as well as buffing and carving.

### Safety glasses with eye-cup side shields

**Benefits:** protect you from flying particles from the front, side, top or bottom; protect eyes in situations where sudden hazards occur, such as sawing, plumbing, pipe fitting and lathe work.

### Replace protective eyewear

... when it's scratched, broken, bent or ill-fitting. Damaged eyewear interferes with your ability to see, reducing its protective potential.

### Eyeglasses are not enough

If you wear glasses, you also need to wear protective eyewear. And, if you wear contact lenses at work, you must wear industrial eye protection. If you work in dusty areas, wear inverted goggles to reduce risk of corneal abrasion.

## DID YOU KNOW?

- ... Almost 70 percent of accidents result from flying or falling objects or sparks striking the eye. Most objects are smaller than a pinhead.
- ... More than 2,000 eye injuries occur every day. Of these, 10 to 20 percent will disable workers with temporary or permanent vision loss.

## Do Your Safety Glasses Fit Properly?

- ✓ **Safety glasses should rest firmly on top of the nose and be close to, but not against, the face.**
- ✓ **The nosepiece shouldn't slide down the face due to sweat or moisture.**
- ✓ **The frame should touch the face in three places: at the bridge of your nose and behind each ear.**
- ✓ **Slight pressure should only exist behind the ears, not above the ears.**