

Eye Safety

Avoiding Eye Injuries

Of all of our senses, the one most precious perhaps is our sense of sight. Yet each year, thousands of us suffer eye injuries that impair our vision or deprive us of our sight altogether. These injuries are, to a large extent, avoidable. In fact, over 90% of all eye injuries can be prevented by following established safety guidelines and using the appropriate protective eyewear for the tasks we perform.

Recognizing Eye Hazards

Among the most common eye hazards are flying particles, a hazard typical of many machine operations such as grinding, sawing, etching, and so on. Dusts (such as wood, metal, and other airborne particles), sparks (common in welding), and fumes and splashes (from molten materials or chemicals) can all cause eye injury unless the appropriate protective eyewear is used. Harmful light rays (common in arc and electrical welding, furnace operations, and work using acetylene equipment) can cause painful eye burns unless your eyes are adequately protected. The following guidelines for on-the-job eye safety can help you save your sight--for life.

Eye Safety Checklist

1. Be alert to the eye hazards present at your worksite.
2. *Wear* the appropriate protective eyewear--glasses, goggles, and/or hoods, face shields and welding helmets--provided by your employer for the specific hazards you face.
3. Remember that regular eyeglasses or contact lenses *will not* protect you from eye hazards--if you must wear corrective lenses, you'll need to wear

protective eyewear over them.

4. Check to see that your protective eyewear meets ANSI (American National Standards Institute) standards.
5. Make sure that your protective eye wear fits properly and is clean and in good condition before and after each use.
6. Replace faulty eyewear immediately.
7. Follow established safety guidelines.
8. Learn basic first-aid for eye injuries.
9. Know where all eyewash stations and emergency equipment are located.
10. In the event of eye injury, get medical attention immediately.

Don't Rub Your Eyes

In the event that you do get foreign material in your eyes, do not rub them. This can cause serious damage to the surface of the eye. Immediately report the situation and ask to have your eye thoroughly rinsed.

Safety Meeting Sign-In
