**Supervisor:**  **Dept: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:** \_\_\_/\_\_\_/\_\_\_

**Eye Safety**

**Remember, you only have one pair of eyes: Protect them!**

Eye injuries in the workplace are all too common, and all too costly, both in consequences for you and for injured workers. Just cast your eyes over these eye injury statistics:

* 2,000 work-related eye injuries occur every day that require medical treatment.
* About one third of the injuries are treated in hospital emergency departments.
* More than 100 of these injuries result in one or more days of lost work.
* Construction workers have one of the highest eye injury rates.
* Even “minor” eye injuries can cause severe problems.

**What Are the Risks?**

There are a lot of ways workers' eyes can be injured. The majority of these injuries results from small particles or objects striking the eye and includes:

* Metal slivers, dust, cement, paint.
* Nails, staples, wood slivers.
* Blunt force trauma from large objects.
* Chemical burns from splashes of industrial or household cleaning products.
* Thermal burns from welding operations or use of lasers.
* Infectious diseases from blood, body fluid

**Take Action to Prevent Eye Injuries**

Workplace eye injuries are preventable. The best way to prevent them is to encourage employees to wear appropriate eye protection whenever there is even the slightest risk of eye injury.

* Train in the need for and use of eye protection.
* Post signs in areas where eye protection is required.
* Make sure supervisors monitor compliance with eye protection rules.
* Give employees positive reinforcement for wearing assigned eye protection.
* Discipline those who repeatedly fail to follow the rules.

**Safety eyewear should meet the requirements of ANSI Z87.1 and should be selected based on the hazards and appropriate for the task performed. Refer to Safety Data Sheets when using chemicals.**

**Recommended Types of Eye Protection:**

* **Safety glasses**- *minimum protection required****.***Wear safety glasses for general working conditions when there is any risk of exposure to dust, chips, and flying particles.

* **Goggles**—*better protection.* Goggles are needed to protect workers from high impacts, dusty environments, chemical splashes, or cutting or welding light. Always use the proper shade number when using welding goggles.
* **Face shields**—*additional protection.* Use face shields to protect workers from high-impact hazards, such as, chipping and grinding operations. Use full-face protection to prevent contact with chemical or blood-borne hazards that may be sprayed or splashed onto the face.



* Always wear safety glasses or goggles under a face shield.

### First Aid for Eye Injuries

* Specks in the Eye:
	+ Do not rub the eye.
	+ Flush the eye with large amounts of water.
	+ See a doctor if the speck does not wash out or if pain or redness continues.
* Cuts, Punctures, and Foreign Objects in the Eye:
	+ Do not wash out the eye.
	+ Do not try to remove a foreign object stuck in the eye.
	+ Seek immediate medical attention.
* Chemical Burns
	+ Immediately flush the eye with water for at least 15 minutes.
	+ Seek immediate medical attention
* Blows to the Eye
	+ Apply a cold compress without pressure
	+ Seek immediate medical attention if pain continues, if vision is reduced or blood appears in the eye.

**Discussion:**  Review your company’s PPE Policy**.** Ensure your employees know which tasks require the use of eye/face protection. Review any disciplinary policy for not following safe work practices. Review the importance of reporting injuries. Remember that eye injuries affect the quality of life both on the job and off.