

Eye Safety At Work

Is Everyone's Business.



Eye Protection

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Thousands of eye injuries occur in the workplace each year, warranting the need for total eye protection. Wearing the eye protection that your job or location requires is a simple way to keep your eyes safe.

Never try to remove a foreign matter, other than a contact lens, from your own eye. Also, never try to remove a foreign material from the eye of another worker. Playing doctor will probably make the condition worse. Contact your manager to arrange for proper treatment of an eye problem.

Remember to take care of your safety glasses so they can protect you when you need to be protected most. Here are a few tips:

1. Make sure your glasses fit. If they don't fit properly, you might be tempted not to wear them. If your safety glasses slip, seem crooked, or are too tight, take a few minutes and have them adjusted properly.
2. Keep your glasses clean. Dirty glasses lessen visibility. Wash them regularly with mild soap and water or eyeglass cleaner, then polish with a soft cloth or a tissue. Anti-dust and anti-fog sprays work well on both glass and plastic lenses.
3. Keep your glasses in a case when you are not using them. Pits, scratches, or other damage can result if you stick your glasses in a pocket or toss them in a tool box. Damage to lenses can lessen impact resistance, and thus provide less than full protection. Also, don't hang your goggles by the elastic band. This can stretch the band so it does not fit properly.

However, you should never neglect eye protection just because a specific job does not demand it. This is where you must use common sense and exercise good safety practices to provide yourself with that extra margin of safety for your eyes at work or at home.

If there is ever any doubt in your mind about the eye protection needed on any job or in any location, consult your supervisor. Don't guess and possibly spend the rest of your life with the ultimate consequence of blindness.