Eye Injury Prevention

Eye injuries occur at a rate of 2,000/day—about ½ of them in the workplace. Almost 70% occur from falling or flying objects (bits of metal or glass), or sparks striking the eye.

Methods of prevention:
*   Always wear appropriate eye protection for the job: over 90% of eye injuries are preventable with the use of proper, OSHA-approved safety eyewear.
*   Know your workplace eye hazards and eliminate as many as possible.
*   Learn first aid procedures for eye injury.

Also, correction of vision problems and treatment of eye conditions are vital.
Signs and symptoms include:
*   Visual changes.
*   Pain.
*   Flashes of light.
*   Seeing spots.
*   Excessive tearing.
*   Excessive dryness.

Visit your eye doctor if you have any of these signs/symptoms or other persistent problems. Ultimately, the key to preventing eye injuries is to take a more proactive approach to sustaining healthy vision. For more details, check out the workplace eye safety section at Prevent Blindness America: *www.preventblindness.org*.

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