

Weekly Safety Tip

EYE SAFETY MONTH

March is “Eye Safety Month”, which serves as a timely reminder that we need to protect our eyes at all times. Interestingly, most eye injuries occur to people who are performing their *regular* jobs. In addition, most eye injuries occur to workers who are either not wearing the correct eye protection for the job or to those who are not wearing any eye protection. The obvious conclusion is that most, if not all, eye injuries can be prevented simply by wearing the proper eye protection for the job being performed.

At Work: The Bureau of Labor Statistics (BLS) found that almost 70% of eye injuries occur from falling or flying objects, or from sparks striking the eyes. Construction workers are frequently subjected to injuries from dust particles, metal, wood, cement, liquids, chemicals, gasses, vapors, sparks, and light radiation. *OSHA 1910.133* provides a valuable guide for the selection and use of eye and face protection. Eye wear must be designed to effectively protect the person from specific hazards and must also fit properly.

At Home: Almost 1,000 eye injuries occur every day around the home. Knives, forks, cleaning supplies, detergents, clothes hangers, hair spray, pointed objects, nails, sawdust, screwdrivers, and toys are only a few of the items that cause potential eye injuries around the home. The best method of prevention is to keep eye protection handy and to always be sure to use PPE at home. Educating children about eye protection and setting a good example may very well prevent a future eye injury or even blindness.

At Play: There are prescription and non-prescription eye wear available for any sport. Be sure to wear suitable eye protection, especially for contact sports. Also, don't forget to shield your eyes from the sun by wearing sunglasses and hats.

Also Important: Maintain good eye health by visiting your eye doctor regularly.

**PPE for protecting your eyes is cheap.
Maintaining good eyesight is priceless!**

