OFF-THE-JOB EYE PROTECTION

Four out of 10 accidents that cause blindness happen at home. Off-the-job eye injuries happen because of: do-it-yourself work on cars and homes; cooking accidents; chemical splashes from pesticides, fertilizers, drain cleaners and cleaning sprays; sports injuries while playing tennis, racquetball, baseball.

Wear the right protection for the job you are doing.
- Choose sunglasses that offer protection from the sun’s ultraviolet rays
- Wear eye protection while doing repair jobs and working with chemicals at home
- Wear eye protection when playing ball sports
- Wear eye protection over contact lenses and prescription eyeglasses

WHAT TO DO IN CASE OF AN EMERGENCY

Chemical Splash
- Don’t squeeze eyes shut. Hold them open with thumb and index finger
- Flood eyes with cool, clean water for 15-20 minutes
- Get medical help as soon as possible. If you can, have the chemical container and its label available for evaluation
- Don’t use another chemical to neutralize the spilled chemical

Flying Particles
- Don’t try to remove anything embedded in the eye. You could cause further damage
- Don’t pull or squeeze the eye
- Cover both eyes to prevent movement.
- Get medical help as soon as possible

Radiation Injuries, Burns:
- If the eyes are exposed to intense heat, flames, lasers or arc welding radiation, apply ice packs to relieve the pain
- Get medical attention as soon as possible

Blows to the Eyes
- Apply ice packs to control swelling and relieve the pain
- Cover both eyes to prevent movement
- Get medical attention as soon as possible

Eyestrain
- Glare, poor lighting and long periods spent at video display terminals can cause eye fatigue, soreness and headaches
- Improve the lighting where you are working
- Give eyes adequate rest

Source: National Safety Council