

# Safety Fact Sheet



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

## 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*