# Prevent Eye Injuries




Eyes are one of the most vulnerable parts of the body. They are susceptible to all kinds of injuries in the workplace if they are not properly protected.

- You can receive burns to your eyes by being splashed or sprayed with organic solvents, certain metals and acidic or alkaline substances.
- Particles, dust and chips can penetrate your eyes.
- Your eyes can be punctured by sharp objects and splinters or struck by blunt objects.
- Extreme heat, chemical or gaseous fumes or mists in the air can damage eyes.
- Eye injuries can occur from exposure to ultraviolet light, infrared rays, ionizing radiation, microwaves and lasers.

Often you know immediately that you have injured your eyes because of immediate pain. In other instances, however, you feel nothing, and the loss of vision is gradual.

Many of these injuries can be prevented by wearing the right kind of protective eyewear. Whether it’s safety glasses, goggles, face shields, hoods or welding helmets, your job and the workplace hazards you deal with will determine your best choice.

Become familiar with the different kinds of lenses available. Continually being developed and improved according to new technology, they protect against all kinds of hazards. Some lenses are made of material that will resist scratches, impact, heat and fogging. Others protect against infrared or ultraviolet rays, as well as radiation. You can obtain lenses in prescription or non-prescription form.

The lenses of your safety eyewear should be precisely what you need for your job. They should offer you clear vision and should not fog up. Scratched or broken lenses should be replaced immediately. Use anti-fogging products when necessary, and keep your lenses clean.

Whatever safety eyewear you choose, make sure you have it custom-fitted so it is snug, yet comfortable. You don’t want it to slip off too easily, and you don’t want it so tight it causes headaches.

There is much you can do in the workplace to prevent eye injuries. Splashes by

harmful liquids can be controlled to a certain degree with guards and screens. Airborne particles can be somewhat prevented with the use of screens, exhaust systems and dust extractors.

There should be eyewash stations installed throughout the workplace. Learn how to use them properly—and use them immediately when something gets in your eyes.

*Protect your eyes in the workplace and ensure you never end up “in the dark”.*