



EYE SAFETY

Eye injuries in the workplace are surprisingly common. Yearly, 3,000 people sustain eye injuries on the job, resulting in lost time, and in some cases vision loss, either temporary or permanent. These figures are sobering given that the majority of eye injuries are preventable.

INTRODUCTION TO THE EYE

The eyes are wonderful sensory organs. They help people learn about the world in which they live. Eyes see all sorts of things: big or small, near or far, smooth or textured, colors and dimensions. The eyes have many parts - all of which must function in order to see properly.

INSIDE THE EYE

In addition to the many sections of the eyeball itself, muscles are attached to the outer walls of the eyeball. The eye muscles are attached to the eyes so that we can move our eyes. If anything goes wrong, like diabetic eye disease, an individual might not be able to see as well.

A COMPLETE PICTURE

Visual information from the retina travels from the eye to the brain via the optic nerve. Because eyes see from slightly different positions, the brain must mix the two images it receives to get a complete picture.

What we think of as seeing is the result of a series of events that occur between the eye, the brain, and the outside world. Light reflected from an object passes through the cornea of the eye, moves through the lens which focuses it, and then reaches the retina at the very back where it meets with a thin layer of color sensitive cells called the rods and cones. Since the light crisscrosses while going through the cornea, the retina “sees” the image upside down. The brain then “reads” the image right-side up.

CAUSES OF EYE INJURIES AT WORK

Common causes for workplace eye injuries include:

- Flying objects, such as bits of metal, glass, stone or wood.
- Unsafe handling of tools.
- Chemical splashes
- Radiation



FOR ENQUIRIES:

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YOUR SAFETY Department — SAFETY Solutions —

- Sparks and slag from welding and cutting.
- Pipes and wires sticking out of walls.
- Objects hanging from ceilings.

PROTECT YOUR EYES

Luckily, there are things you can do to decrease these dangers on the job. First is the identification of areas where flying parts or debris are a common occurrence. In these areas, engineering controls, where appropriate, should be used to limit the objects movements. Shields and vacuum devices will help lessen the chance of objects in the air.

Once engineering controls are exhausted, then the next step would be the use of personal protective equipment. Choose protective eyewear that is designed for the specific duty or hazard, and make sure it fits and is worn consistently.

Workers should wear safety eyewear whenever there is a risk of an eye injury. In addition, anyone visiting or passing through areas that pose eye hazards should wear protective eyewear.

Protective eyewear used must be approved and meet the requirements found in the Safety Manual.

PROTECTIVE EYEWEAR INCLUDES:

- Non-prescription and prescription safety glasses
- Goggles
- Face shields
- Welding helmets
- Full-face respirators

The type of safety eye protection you should wear depends on the hazards in your workplace.

- If you are working in an area that has particles, flying objects or dust, wear safety glasses with side shields.
- If you are working with chemicals, wear goggles.

- If you are working near hazardous radiation (welding, lasers, or fiber optics) use special-purpose safety glasses, goggles, face shields or helmets designed for that task.

KNOW YOUR RIGHTS AND RESPONSIBILITIES

Workers have the right to know about hazards in the workplace, participate in keeping the workplace healthy and safe, and refuse unsafe work.

Worker's responsibilities include always practicing safe work procedures, report unsafe conditions to your supervisor or employer, properly wear any protective equipment the job requires, and do not do anything on the job that will endanger yourself or others

Supervisors must take every reasonable precaution to protect a worker's health and safety, inform workers of job hazards and ensure they are trained to do their jobs safely, ensure that workers work safely and use the equipment and protective devices properly where required.





MINUTES OF MEETING

Date: _____ Person Conducting Meeting: _____

Topic: _____

Branch: _____ Division: _____

Attendees:

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Additional Items Discussed:

Problem Areas or Concerns:

Comments:

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