



## Safety Tip: Eye Injuries

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Eye injuries are more common than you think. Over 20,000 eye injuries happen on the job across the U.S. According to ophthalmologists, the most important thing you can do to protect your eyes at work is to always wear eye protection, which can prevent 90% of all eye injuries.

Wearing the correct eye protective PPE will protect all injuries. Types of PPE are Safety Goggles, Spoggles, Safety Glasses, Face Shields or used in combination over the eyes.

For cuts or puncture to the Eye:

- Place a shield over the affected eye, such as the bottom of paper cup.
- Refrain from rinsing the injury with water, removing an impaled object and rubbing or applying pressure to the injured eye.
- Do not take non-steroidal, anti-inflammatory drugs such as aspirin. They can thin blood and may increase bleeding.

For a foreign material stuck in the Eye:

- Avoid rubbing the eye.
- Lift the upper eyelid of the injured eye and blink repeatedly to allow tears to flush out the particle.
- Seek medical attention.

For chemical burn of the Eye:

- Flush the eye with clean water and seek medical attention.

For blows to the Eye:

- Apply a cold compress to reduce pain and swelling, but be careful not to apply pressure.

Remember to always wear the correct eye and face protection. You must protect your eyes and face at all times. If pain or visual disturbances occur, seek medical attention.