

Eye Protection: Saving Your Sight

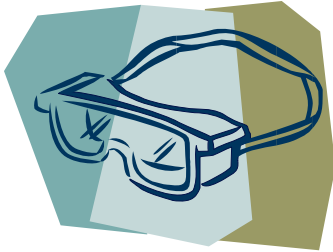
Introduction

Although you pride yourself on the care you take to do your job safely, it takes only one accident to partially or permanently blind yourself. Even a speck of dust can injure your eye.

If you're wearing your safety glasses or goggles on the job, you're doing the best thing you can to protect your eyes and your future. If you're not, this will give you reasons for wearing your safety eyewear and ideas that may make wearing them easier.

Common Causes of Eye Injury

- ◆ A common way to get something in your eye is when you take your glasses off and wipe your face or head. Particles fall out of your eyebrows or hair and get into your eyes... so be careful.
- ◆ Flying particles or objects can become embedded in the eye or scratch the cornea.



Excuses Workers Make

Here are a few of the most common excuses workers give for not wearing safety glasses:

- ◆ Not comfortable
- ◆ Cannot see clearly
- ◆ The way you look in safety glasses

Make it Work

- ◆ If you find safety glasses or goggles uncomfortable, try a different size or style. Good fit is important to comfort.
- ◆ Wear goggles that are properly ventilated for what you're doing. Unless you're working around splash hazards, use goggles that have plenty of side ventilation.
- ◆ If you wear prescription glasses, there are two things you can do. Wear goggles designed to fit over your glasses. Wear safety glasses made with your prescription.
- ◆ If your goggles fog up, try a model with more ventilation, or coat them with an anti-fog liquid.
- ◆ A sweatband or handkerchief around your head can help keep sweat off your goggles.
- ◆ Keep your glasses or goggles clean.

Try imagining just for a second that you cannot see in one eye. It could happen if you don't protect yourself. Replacing glasses or goggles may seem a nuisance, but it's a lot easier than replacing your eyes!

