

First Aid for the Eyes

Eye injuries range from abrasions of the cornea and bruises of the eyelids to internal injuries such as retinal detachments and internal bleeding. Know what to do when something gets in your eye or an eye injury occurs. **Examples:**

Specks in the eye: Don't rub; you may scratch the eye or embed the object. Let the tears wash the speck out, or go to the nearest eyewash station and flush the eye until the object is rinsed out. If the object won't rinse out, loosely bandage the eye and get medical attention.



Embedded objects, cuts and punctures: Don't try to wash the eye with water or any other liquid, or attempt to remove an object that is stuck in the eye. Cover the eye with a rigid shield, such as the bottom half of a paper cup, and get medical attention.

Bumps and blows: Apply a cold compress. Don't put pressure on the eye or put ice directly on the eye. You can use crushed ice in a plastic bag, as long as the bag rests on your forehead. See a physician if there is reduced vision, continued pain, swelling or blood in the eye.

Chemical splashes: Always read the container label and/or Safety Data Sheet (SDS) before using any chemical to get instructions for emergency and first aid treatment. Water may make the injury worse — refer to the label or SDS.



Eye Care Off the Job

At home: Cooking, cleaning house, working in the yard and fix-it jobs — you probably expose yourself to eye hazards more often than you think. Hot grease, cleaners, garden chemicals and flying objects are just a few of the dangers. Keep properly fitting goggles handy.



At play: Just like professional athletes, you need eye protection during games. A finger poke or flying ball can lead to eye abrasions or damage deep inside the eye.



Tip: Check with your eye care professional for specific requirements for sports.

In the morning: Take care when inserting contact lenses and applying mascara or other face products. And cover your eyes when using hair spray.

In the sun: Wear UVA- and UVB-protective sunglasses whenever you're outdoors. Long-term exposure to UV rays is associated with conditions such as macular degeneration (losing ability to see fine details) and cataracts (clouding of the lens).



Eye Safety Taking Care of Your Vision





Eye Protection: It's Up to YOU

Do you guard against eye hazards on and off the job? Learn eye health and first aid practices that will help your sight last a lifetime. This brochure can help.

Work Hazards

- Dust, concrete, metal shavings, wool fibers and other flying particles
- Falling or shifting debris, building materials and glass
- Molten metal
- Chemicals (acids, bases, fuels, solvents, lime, wet or dry cement powder)
- Intense light created by welding arcs and lasers
- Smoke and noxious or poisonous gases
- Thermal hazards and fires
- Blood and other infectious bodily fluids

REMEMBER: Most eye injuries are preventable.



Sorting OUT Safety Goggles

Industrial-thickness glass, plastic and polycarbonate lenses must meet or exceed eye protection requirements in ANSI standard Z-87.1. **Here's more:**

GLASS LENSES

Benefits: Scratch resistant; can withstand chemical exposure; can accommodate a broad range of prescriptions.

PLASTIC AND POLYCARBONATE LENSES

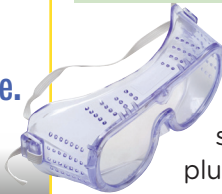
Benefits: Lightweight and provide the best impact protection; unlikely to fog. **Note:** Plastic and polycarbonate lenses are not as scratch resistant as glass and need to be treated with a hard coating, and they also can't fit as wide a range of prescriptions as glass.

SAFETY GLASSES WITH SEMI-SIDE SHIELDS

Benefits: Offer protection from flying particles coming from in front of you or from the side; offer protection from drill press and other machine operations, as well as buffing and carving.



SAFETY GLASSES WITH EYE-CUP SIDE SHIELDS



Benefits: Protect you from flying particles from the front, side, top or bottom; protect eyes in situations where sudden hazards occur, such as sawing, plumbing, pipe fitting and lathe work.

Replace protective eyewear when it's scratched, broken, bent or ill-fitting.

Eyeglasses and contacts are not enough.

If you wear glasses or contacts, you also need protective eyewear to wear over them. Many types can now be customized with prescriptive lenses built in. Check with your employer to see if customized protective eyewear is available for you.

7 Rules

of Protective Eyewear

To meet minimum safety requirements all protective eyewear must meet ANSI Standard Z-87.1.

- 1 Provide adequate protection against the particular hazard for which it is designed.
- 2 Be reasonably comfortable.
- 3 Fit snugly without interfering with the wearer's vision.
- 4 Offer durability.
- 5 Be capable of being disinfected and cleanable.
- 6 Always be kept in good repair.
- 7 Proper eyewear must be marked "ANSI-approved" and include the applicable version date.



- ✓ Safety glasses should rest firmly on top of the nose and be close to, but not against, the face.
- ✓ The nosepiece shouldn't slide down the face due to sweat or moisture.
- ✓ The frame should touch the face in 3 places: at the bridge of your nose and behind each ear.
- ✓ Slight pressure should only exist behind the ears, not above the ears.