

CONNER STRONG & BUCKELEW

UTILITY & TRANSPORTATION CONTRACTORS ASSOCIATION
UTCA
Constructing a Better New Jersey
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PLAYINGITSAFE

SAFETY SOLUTIONS FOR YOUR BUSINESS

PROTECT YOURSELF FROM EYE INJURIES

Ocular safety in the workplace

What do pinhead-sized flying particles, contact with chemicals, and swinging objects have in common? They are the most common causes of eye injuries in the workplace, and all put you at risk.

PUT 'EM ON!

It's a proven fact that the best thing you can do to protect your vision on the job is to wear safety glasses or goggles. Even if you do have your safety glasses on, keep in mind that there are a variety of ways you can get debris in your eyes. Some accidents happen by simply taking off your safety glasses or goggles and wiping your face; particles can easily fall out of eyebrows or hair and into your eyes.

Safety glasses should rest firmly on top of the nose and close to – but not against – the face. Don't let uncomfortable, foggy or sight restrictive safety glasses keep you from wearing your safety glasses or goggles.

FIND A GOOD FIT

You can find many ways to make safety glasses or goggles work for you, such as:

- If you find safety glasses uncomfortable, experiment with different sizes or styles.
- Wear glasses or goggles that are properly ventilated for the work you are performing. Unless you are working near splash hazards, use goggles that have plenty of side ventilation.
- If you wear prescription glasses, wear goggles designed to fit over your glasses or 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.
- Wear a sweatband or handkerchief around your head to keep sweat off your goggles.
- Always keep your safety glasses clean. Scratched and dirty glasses or goggles reduce vision, cause glare and may contribute to accidents.

SAFETY FIRST

It takes only one accident to cause partial or complete blindness. Take a moment to think about possible eye hazards in your workplace and then take the necessary precautions to help reduce your risk of potential eye injuries.

The guidelines contained herein are not intended to ensure OSHA compliance.

SAFETYTIP

DON'T BECOME A STATISTIC...

Over 2,000 eye injuries occur every day in the workplace, and OSHA estimates that 90 percent of those could be revented by wearing proper protective eyewear. Do your part! Make sure you are wearing eye protection – and the right kind for the job you are performing.