Keeping an Eye on safety Meeting Kit

Can you imagine living without your eyesight? Vision is one of your most valuable and useful assets. Keeping you eyes protected is a lot easier said than done.

TYPICAL EYE HAZARDS

Flying objects – Almost 70 percent of all eye injuries result from flying or falling objects striking the eye.

Chemicals – Contact with chemicals (liquids, gases, dusts, fumes, or vapors) causes another 20 percent of eye injuries.

Swinging objects – Most of the remaining injuries are caused by objects that swing from an attached position. Tree limbs, ropes, chains, or tools are common examples.

Bloodborne pathogens and bodily fluids – In health care, maintenance, and housekeeping fields, there is a danger of these liquids being splashed into the eyes.

Other causes – Electrical arcs and sparks, molten metal, and radiant energy from welding, cutting, lasers, and ultraviolet and infrared light also contribute to eye injury.

EYE INJURIES

Chemical burns

- Flush the eye for at least 15 minutes. If you do not have immediate access to an eyewash station, the eye should be held open and flushed with the first available “drinkable” fluid, whether that is water, milk, juice or pop.
- After flushing the eye, seek immediate medical attention.
- Do not bandage the eye, as this will cause emergency medical personnel to waste time removing bandages.

- People who wear contact lenses should not attempt to remove them. Begin flushing the eye, allowing the liquid to dislodge the lens gently.

Cuts and punctures to the eye or eyelid

- Cover the eye lightly to protect it from dirt particles and see a doctor right away.
- Do not flush the eye with any liquid. Flushing may remove fluids that maintain the eye's structure and function.
- Do not try to remove an object stuck in the eye, as this could cause even worse damage.

Specks in the eye

- Lift the upper eyelid outward and down over the lower eyelid.
- Let your tears wash out the speck or particle. If the speck does not wash out, keep the eye closed, bandage it.

EMPLOYEE CONTROL

90 percent of all workplace eye injuries are preventable with the use of proper safety eyewear.

Safety protection equipment is much easier to remember to wear when the employee does not mind wearing it. OSHA advises that protectors should be reasonably comfortable when worn in the designated areas, fit snugly, not interfere with the movements of the wearer, is easily cleanable, and is durable.

Constant reminders, updates, and training is a good way to keep everyone's mind on safety. By educating people on the possibilities and the proper course of action, the numbers of accidents on the job will most likely diminish.

Employees should know the following important safety information:

- How to summon medical attention.
- Your facility's safety rules and procedures.
- How to read the instructions on protecting eyes that appear

on labels and material safety data sheets.

- Make sure eye protection fits and protects against the specific hazards of the job.
- How to check that eyewear provides front and side protection to prevent hazards from getting under or around the protector.
- Wear goggles under face shields. Shields and welding helmets alone do not provide complete eye protection.
- When to wear the eye protection and how to properly use it and adjust it.
- How to keep safety glasses or other eye protectors clean and in good condition.

FINAL WORD

Protecting and safeguarding your eyes in the workplace takes a preeminent role. It takes an employer to fulfil all legal requirements and employees be mindful of all workplace hazards.