ALL EYES ON SAFETY!

If you are one of the many people who don’t give much thought to eye protection – you may want to think again. There are many common causes of eye injuries which range from flying objects to chemical splashes. Eye protection is a crucial component of Personal Protective Equipment (PPE) in, and out of, the workplace.

Did you know that each day more than 1,000 U.S. workers sustain job-related eye injuries that require medical attention? Nearly 3 out of 5 of these injured workers were either not wearing any eye protection at the time of the accident or were wearing the wrong kind of eye protection for the job. Just think – the simple act of putting on a pair of safety glasses could have prevented many of these injuries!

NIOSH recommends evaluating the following before selecting the appropriate eye protection:

- The nature and extent of the hazard, including regulatory requirements when applicable,
- The circumstances of exposure,
- Other protective equipment used, and
- Personal vision needs

In addition to wearing the proper type of eye protection, it's important that you make sure it fits comfortably. Studies have shown that comfort and style of PPE has helped drive compliance with PPE protocol. Along with feeling comfortable, you should make sure to have the proper training on how and when to use it.

Lastly, we’ve gone over PPE selection, fit, & training. But what about the health of your eyes? Getting annual check-ups is extremely important when it comes to on-the-job safety. Prevention plays a vital role in your health, which affects all aspects of life, so make sure your eyes are in top-notch condition so you aren’t left in the dark!

Happily & Healthily yours,
Emily Arelt